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Business Manager

Deborah Snelling

Account Manager

Ruth Hines

Art Director

Rachel Scott

Design/Production

Melissa Hyde

Chief Financial Officer

William Witz

Cover Photo

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By Andrew Burr

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We are certain the information in this Guide will inspire you to visit our great state because Utah *is* Life Elevated!

For more information on planning a Utah vacation, please visit the Office of Tourism's Web site at www.utah.travel.

Enjoy your Utah adventures!

A handwritten signature in black ink that reads "Gary R. Herbert".

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Governor



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The Bear River Heritage Area

By Julie Hollist



Wind Caves - Logan Canyon

Explore Northern Utah's Bear River Heritage Area, home of endless outdoor adventure, western heritage and performing arts year-round.

"The Heritage Area straddles southern Idaho and Northern Utah and is a perfect off-the-beaten path destination for families and individuals who want a little bit of everything," said Joan Hammer, BRHA board chair.

The Bear River winds through the region, which was home to Shoshone Indians, mountain men and trappers and early Mormon pioneers. Its unique geography features rugged mountain ranges, verdant agricultural valleys and beautiful lakes and streams. The Bear River Heritage Area is the most scenic way to Jackson and Yellowstone and just an hour north of Salt Lake City. Here are some ways to

start your adventure:

Historic Box Elder County

Begin by bird-watching at the **Bear River Migratory Bird Refuge**, a 74,000 acre National Wildlife Refuge with a stunning brand new education and visitor's center near Brigham City. From your car, you'll see thousands of birds during every season including shorebirds, up to a

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half-million ducks and geese, over 30,000 tundra swans, northern harriers, rough-legged hawks, bald eagles, prairie falcons and many more. Visit the **Golden Spike National Historic Site** where East met West in 1869 when the Southern Pacific and Union Pacific railroads joined the nation with the driving of the Golden Spike. Get up close and personal with steam locomotives and enjoy a reenactment of this legendary event. While you're in town, don't miss buffalo steaks and burgers or famous fried chicken at **Maddox Ranch House** and hand-dipped chocolates from **Idle Isle Candies**—both are decades-old traditions. Take a leisurely drive down **Utah's colorful Fruit Way**. This 2-mile stretch of historic Highway 89 meanders past more than 10 family-owned fruit farms where you can sink your teeth into a wide variety of the freshest fruits and vegetables of the season as you head through Sardine Canyon to beautiful Cache Valley.

Cache Valley's Hidden Treasures

Cache is pronounced "cash" and is a French word that means "to hide

or store one's treasure." You'll find plenty of hidden fortune in this high mountain agricultural valley known for outdoor adventures, hands-on heritage experiences and performing and fine arts. Mountain biking, canoeing, fly fishing, bird watching, hiking, rock climbing, skiing, snowshoeing and snowmobiling are a few outdoors attractions. During the winter months, you'll love **Hardware Ranch**, where you can ride a wagon or

sleigh through a herd of 600 majestic elk. Stop in at the **American West Heritage Center**, a 160-acre living-history center where you can experience firsthand the history of the Old West. Depending on the day, you'll visit with Native Americans, mountain men, farmers and pioneers. They'll keep you busy living life like they did through games, activities, crafts and food, music and wagon and train rides. For a true taste of the area you'll enjoy



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the **Cache Valley Food Tour** where you can sample famous foods made in the area including cheeses, chocolates, coffee, cookies, honey, fruit, ice creams and pastries. The **City of Logan** is home to Utah State University, a dozen art galleries and specialty shops, great examples of early Mormon pioneer architecture and the stunning 1923 **Ellen Eccles Theatre**, home of the world-renowned Utah Festival Opera company during the summer and other

nationally touring productions year-round. Logan's accessibility to the mountains is unparalleled: a five-minute drive from downtown puts you in the Wasatch Cache National Forest. Between Logan and Bear Lake drive through dramatic mile-high limestone cliffs along the **Logan Canyon National Scenic Byway**, a 45-minute road trip through forested canopies along the winding Logan River. The canyon boasts more than 400 bolted rock climbs,

dozens of hiking trails, family-owned Beaver Mountain Ski Resort, fly fishing, snowmobiling and mountain biking.


Bear Lake Beauty

One glimpse of **Bear Lake** and you'll know why it's known as the Caribbean of the Rockies. Its intense turquoise water spans 20 miles long and 8 miles wide and you won't find better boating, sailing, water-skiing, jet-skiing or wakeboarding anywhere. Feel the rod-bending excitement of a Bear Lake cutthroat on the end of your fishing line. Sail off into the sunset. Sip a famous fresh raspberry milkshake. Try horseback riding, hiking and cycling. Perfect temperatures make for perfect days of golf at three challenging courses. During winter months you can't beat the rush of snowmobiling on more than 300 miles of groomed trails in powder that's ranked in the top 10 best snowmobiling destinations in the country. Explore America's past and discover the stories of the hearty souls who settled this area. Don't miss **Minnetonka Cave**—a fascinating 9-room cave of stalactites, stalagmites and banded travertine. The **Bear Lake National Wildlife Refuge** is located on the north shore of Bear Lake. **Idaho and Utah State Parks** provide stunning scenery as a backdrop to beautiful Bear Lake.





North of the Border

The Idaho side of the Bear River Heritage Area provides plenty of adventures as well. From Bear Lake, head to Montpelier to visit the **National Oregon-California Trail Center**, where you'll interact with costumed guides who depict some of the thousands who traversed the 2,000 miles of the Oregon/California Trails. Journey north to Soda Springs to sip some of their famous naturally carbonated soda water. The **Chesterfield Townsite ghost town** is well worth the half-hour drive. Tours are available during the summer and many of the buildings are being restored.

"The Bear River Heritage Area is a great getaway and really shows visitors that Utah is more than just red rock," Hammer said. Call 1-800-882-4433 or visit topofutah.org for more information.





Welcome to a land rich with history, tradition, and outdoor recreation.

Step into the unspoiled outdoors. Fish in one of over 30 reservoirs and lakes, camp, rock climb, backpack or traverse hundreds of biking and hiking trails in this recreational wonderland. Visit Bear Lake, often called the Caribbean of the Rockies for its intense turquoise blue water, to enjoy water sports and backcountry exploration. Enjoy several hot springs to soothe muscles after a day on the trail. We are centrally located between Salt Lake, Jackson and Yellowstone.

Enjoy the Journey!

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Top of Utah Recreation

Spots throughout the Bear River Heritage Area are loaded with outdoor recreation activities. Here are but a few to enjoy as you traverse this colorful and diverse "Top of Utah."

The 74,000 acre **Bear River Migratory Bird Refuge** in Brigham City has some of the most phenomenal waterbird watching in the country. The 12-mile auto tour loop is a great way to see this amazing oasis for over 200 species of waterfowl and shorebirds. White Pelicans, avocets, Black-necked Stilts, Grebes and Tundra Swans are but a few inhabitants. The Refuge's Wildlife Education Center features exhibits, a teaching lab, bookstore and guided tours.

Cache Valley has some of Utah's finest scenic cycling rides past small towns on sparsely traveled roadways along rivers and lakes, forested canopies and lush wildflower meadows. Three leading bike races are held annually in the Logan area – MS 150 Tour, Cache Classic and the grueling 200+ mile one-day LOTOJA over three mountain passes finishing in Jackson, Wyoming. Canoeing is popular in Cache Valley on the Bear River through the **Cutler Wetland Maze**. Several launch spots and rentals are available. The fascinating **Wind Cave** in Logan Canyon is a popular destination as is the **Jardine Juniper**, one of the largest of its species in existence. Getting to this monster of nature is a great eleven-mile round-trip hike, well worth the effort. Technical climbers know of the many bolted sport routes in Logan Canyon. Several trad routes are here as well, most rated 5.10 to 5.12.

From the top of Logan Canyon the panoramic view down to **Bear Lake** is awe-inspiring. 160 square miles of turquoise-blue waters span the Utah-Idaho border at this boating, water skiing and sailing venue. This resort area has many boat ramps, Bear Lake State Park Marina and several sandy beaches. Gentle breezes waft across the lake making afternoon sailing a pleasure. Spectacular

sunsets put an exclamation mark on a great day on the water.

The Bear River Heritage Area stretches into **Southeast Idaho**. Here there's more than 1000 miles of groomed trails, much if it designated non-motorized for mountain biking, hiking, backpacking and horseback riding. The most impressive is the 55-mile Highline Trail traversing the mountain tops from Soda Springs to the Utah border on the south. At the end of a hard day, relax in one of the area's many hot springs.

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Antelope Island— Western Style

By Lori Lee

My horse and I stand atop the crest of Antelope Island. To the left I see the west side of the island, the beach, campgrounds, descending hills. To the right, on the east side of the island, the Great Salt Lake divides us from the populations of the Wasatch Front and views of Fielding Garr Ranch, a herd of bison, and the open range.

“It’s like riding into a picture,” a fellow rider says. Though the crisp fall air chills us, the vantage point is worth bracing against the breeze as we prepare for the annual bison round-up held each October. The open range-style riding is exhilarating as my horse picks its way down the island hills, across the wide swath of bison herds, and finally back to the ranch where the guides at R&G Horse and Wagon take over our mounts.

I’ve spent a fair amount of time on Antelope Island. I’ve kayaked its briny waters – so salty it is surpassed only by the Dead Sea in saline content. So salty that only algae, brine flies, and brine shrimp can withstand the mineral levels in the water. I’ve hiked many of the 36 miles of mountain biking and hiking trails to stand on top of the highest point on the island. I’ve sped past herds of bison on my road bike, gambling that they wouldn’t give chase. I’ve slept on the oolitic sand beaches only to end up moving my sleeping bag into the back of my Subaru just to be certain those frolicking bison wouldn’t end up stepping on my head while I slept. I’ve watched orange and purple sunsets over the western end of the Great Salt Lake. I’ve been serenaded by the light of the full moon overlooking the night lights of the Wasatch Front on a deserted island only 7.3 miles from two million people. But today we are riding the open range of the island. Tonight we will sit around warming heaters in

one of the old barns at the Fielding Garr ranch and enjoy authentic Dutch oven cuisine with the cowboys and cowgirls who have come from across the country to round up the island’s 500 bison for the annual herd management.

WESTERN HISTORY

The herd, well protected and pristine, maintains isolation on Antelope Island. Bison were introduced in 1893 by John Dooley, a private businessman who purchased the island for ranching. The ranch functioned as part of one of the prominent cattle operations in Utah until the island became a state park in 1981. Today you can still tour the shearing barn, the springhouse, bunkhouse, commissary and main living quarters that supported the original cattle operation. There are over 40 natural freshwater springs found on the island. These water sources supported the wildlife, ranching herds and, of course, those who have lived here throughout the centuries.

Named after the herds of antelope that grazed the island, explorer John C. Fremont and his guide, Kit Carson, explored the island in 1845. Still wild, the island provides habitat for over 250 species of birds and is a critical link in the Pacific Flyway between North and South America. Four to six million birds feed and nest on the Great Salt Lake each year. The lake’s wetlands host the world’s largest nesting population of California Gulls and White-faced Ibis, plus a large concentration of American Avocets, Black-necked Stilts,

and newborn pelicans. Bighorn sheep, mule deer, pronghorn antelope, coyotes, fox, pheasant, and many other species abound.

Once, a couple years ago, I canoed out to one of the nearby smaller islands sitting in the Great Salt Lake. To my wonderment it was completely covered with birds--sitting, preening, standing, flapping, squawking, and possibly nesting. There wasn’t a square foot to stand on the island. Today, because of its nesting habitat, it is called Egg Island.

Artifacts on Antelope Island reveal more than 6000 years of human habitation. Native Americans showed Jim Bridger the island in 1824 and John C. Fremont and Kit Carson made the first Anglo exploration in 1845. In 1847 Mormon pioneers began exploring the island and less than a year later they had established the first permanent structure, a small log cabin. A man named



The Author Researching the Subject



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Garr was assigned by the Mormon Church to establish a ranch for the management of church tithing herds and thus Fielding Garr Ranch was created. In 1856 the church transported 3000 head of horses and live-stock to the island and between 1872 and 1877 over 7000 sheep were brought in.

Though the ranch no longer functions in its original capacity, it now provides one of the few remaining original western experiences. Tours, horseback riding, the open range, the herds of bison – all these take you back 150 years to a little bit of the original west.

GO AND DO

R&G Horse and Wagon is a family business. Owner, Ron Brown says, “It’s a kick in the pants. It’s a rush. People come and ride and see bison and it’s a rush for them. I like it because it’s my lifestyle. My family has been in the business since 1856.” Then he adds with a straight face, “We’ve just been horsing around.”

To get out on a ride you must make a reservation at least 24 hours in advance. They charge \$45 per hour and the Davis



Courtesy of Utah State Parks

Ain't No Pettin' Zoo Critter!

Area Convention & Visitors Bureau will book your outing, as all the R&G riders will be out with the horses. First time riders are welcome, but must be 6 years-old or older.

The hot air balloon festival provides a perfect time for children to ride as R&G prepares each year for a day filled with children and their wide-eyed wonder.

For adults, one of the freedoms of riding on Antelope Island is the open range riding. Horses do not have to line up one behind the other. An open range lies before you and R&G tours allow riders to spread out and enjoy the countryside. They have access to the entire 28,022 acres on horse-back.

“One of the things riders really like about the R&G horses is that every one has worked in the movie industry so clients can go rent a DVD and see their very mount” says Brown. The movie industry rents animals from R&G so the horses are truly cinema stars!

“The thing I see most of all,” says Brown, “is that everyone comes away with a little something different. The children leave feeling like they’ve had an amazing

adventure, and mom and dad leave with something of their own.”

Antelope Island sits quietly, a refuge for those who want to escape the faster pace of Interstate-15 and the Wasatch Front communities. Come for a trip back in time. Come for an ecosystem unlike any other. Come for the solitude of a desert island in one of the world’s saltiest bodies of water. Come for a truly unique experience.

Antelope Island, the crown jewel in the Utah State Park system, hosts special events throughout the year.

Great Salt Lake Bird Festival – May

Moonlight Bike Ride – June/July

Balloon Stampede – September

Buffalo Days – September

Annual Bison Range Ride and Roundup – October

For more information visit the calendar of events at davisutah.travel

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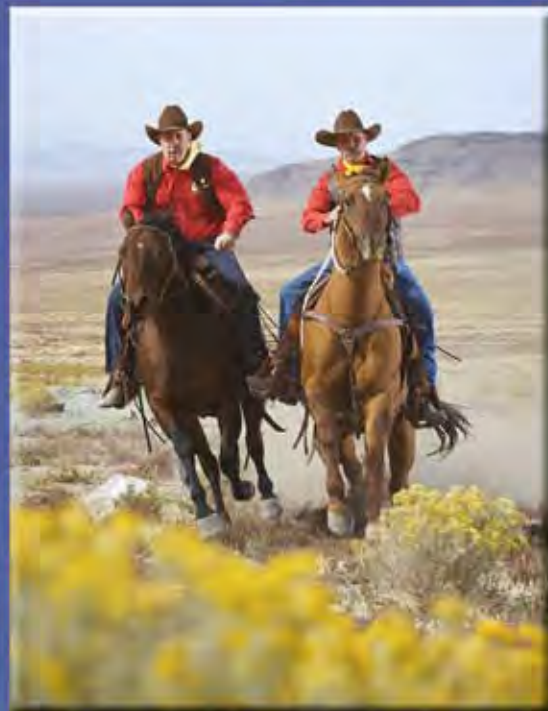


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2010 Schedule of Events

June 4 - 5: Deseret Peak
Stampede Days PRCA Rodeo
June 13 : Pony Express Ceremony
June 19: Demolition Derby
July 2 - 3: Bit N' Spur Rodeo
Aug. 5-7: Tooele County Fair



Ogden— Historical and Adventuresome

By Shane Osguthorpe

Upon the completion of the trans-continental railroad in 1869, railroad officials determined that Ogden would become their junction point. Quite literally, Ogden became the spot where east met west. You simply couldn't go anywhere without going through it. As a result, Ogden was Utah's most cosmopolitan city throughout the century of railroad's dominance.

Local old timers still talk about the chaos and bustle of 25th Street as virtually every soldier deploying and returning from World War II awaited their connecting trains. City icon and philanthropist, John Lindquist, tells of a particular Friday night while on a 5-day pass from his military assignment in Texas on the eve of the war. Lindquist took the opportunity to ride the train back to his home in Ogden to get married to his girl before being deployed overseas. He exited the train around midnight at Union Station where Wall Avenue meets 25th Street. On an average Friday night, the sea of humanity crowding 25th Street was reminiscent of New York City's Times Square on New Year's Eve. Lindquist began to navigate the crowd walking the three blocks east to Washington Boulevard. "It was nearly one thirty before I reached Washington," said Lindquist.

The iron horses of the railroad have been stabled, the steam engines have cooled and the only way the walk from Union Station to Washington Boulevard could take 90 minutes these days is if one checked out a few of the five museums in Union Station, stopped into Grounds for Coffee for a latté, gazed at a few of the

art galleries along the street, grabbed a beer at Roosters then paused to listen to one of the free afternoon concerts in the Downtown Amphitheater.

Times may have changed, but Ogden's geographic location remains the same and Utah's Junction City has retained its eclectic feel and its diverse population. The town is still situated at the crossroads for travelers of all stripes, but more specifically, it is the jumping off point for the high adventure set.

The National Parks enthusiast can spend the morning in Yellowstone or Grand Teton National Park, take an easy 4-hour drive and make Ogden's brewpubs and eateries before the dinner crowd shows up. After dinner, enjoy an evening hatch on one of the two trout rivers that run through town, take a flat-water paddle across Pineview or a sunset hike up Malan's Peak before turning in for the night anywhere from National Forest campgrounds and budget hotels to four-star accommodations.

The next morning can be singletack

mountain bike trails, whitewater kayaking, climbing or just a good cup of coffee and breakfast alongside the Ogden River at Peleton Cafe before rolling south and making Arches, Canyonlands, Bryce Canyon, Capitol Reef or Zion National Park for an evening hike once the heat of the day has subsided.

Savvy travelers will recognize some unique opportunities in that scenario and plan more than one day in and around Ogden. Guidebooks and maps exist for the area just like any other. In fact, a few years ago, local mountain athletes created their own adventure guide that can be picked up at the Convention and Visitors Bureau or at random spots around town.

If guidebooks aren't your thing, hang around the local haunts and if you look like the outdoor type, the friendlies will spot you and chat you up about where to go. Put on something with a Patagonia label and grab a handcrafted beer at the bar of the aforementioned Roosters on the bar of the aforementioned Roosters on the bar of the aforementioned Roosters on Washington Boulevard

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Monique Beeley

with a rack full of gear or stop into the factory outlet for Salomon, Atomic, Suunto and Arcteryx located at 22nd and Lincoln and you'll get the inside scoop. (By the way, that's a *real* factory outlet for those brands whose headquarters are in Ogden - not simply a full-price retail outlet. Read: awesome deals!)

As passionate as Ogdenites are about their high adventure vibe, they are equally proud of the richness of their history. Those two aspects coexist everywhere you turn. The oldest settlement in Utah is Ogden's Fort Buenaventura, a true mountain man picket enclosure that pre-dates Mormon settlement in the area. Today, the fort is the location of epic mountain man rendezvous gatherings

and the most popular stop for the Utah Cyclocross Series.

The past and the present often collide on Ogden's Historic 25th Street as the district hosts such events as the Xterra USA Championships and the Zion's Bank Ogden Marathon, cited by Runner's World as one of its Top Ten "Best of the Rest" races in the country.

The former defense depot complex that boomed during World War II has been converted into a business complex and the campus houses several major outdoor businesses including Scott, Smith, Edge Composites, maker of premium road, mountain and cyclocross wheels and components, and Klymit Technologies, pioneer in noble gas insulating apparel. On summer evenings, the historic complex is the home to the twilight criterium series, so throw your road bike on the rack.

Historical significance and a passion for the outdoors are also evident at Ogden's Weber State University. Alumni like business and hotel magnate, J. Willard Marriott and U.S. Treasury Secretary

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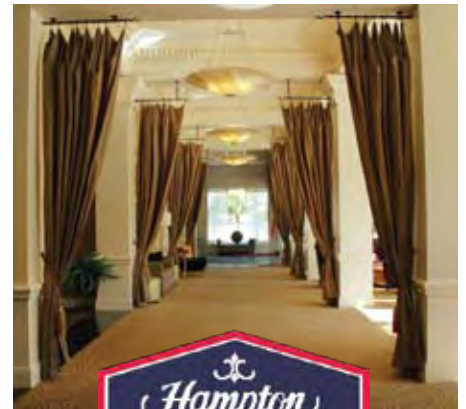
Ogden's Backyard—Snowbasin

David M. Kennedy walked the same campus that now hosts modern day recreational events such as World Cup Archery competitions.

As further evidence of the city's eclectic mix of yesterday embracing tomorrow, the iconic Union Station that virtually anchors downtown and oozes history will soon sit adjacent to one of the most unique and modern recreational complexes in the United States, including what will be one of only two indoor velodromes in the country.

Bottom line, whether you come to Ogden as a history buff or an outdoor junkie, you'll find those lines blurred everywhere you look. Additionally, you'll find a diverse town that is large enough to offer amazing arts, culture, cuisine and accommodations, yet small enough to retain its unique personality and friendly atmosphere.

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Co-existing— A Modern Western City with Its Surroundings

By Ben Dobbs

There are few urban areas that have such a proximity to wilderness; to mountains and forest-lined slopes; to wildlife (deer, moose, cougars, black bears and more); and to hiking and biking trails that lead into this majestic beauty - where the landscape literally spills over into neighborhoods less than a mile from downtown high rise buildings. This is urban Salt Lake City. One can drive through its bustling downtown, turn up the street leading to the Utah State Capitol, park your car and walk or bike into a beautiful mountain canyon only ten minutes away.

It's no surprise that Salt Lake City topped the list of "The Fittest Cities in America" in a recent edition of Men's Fitness. This distinction was bestowed due to the abundance of park space, athletically motivated residents and below average obesity rates. Among numerous other



The Wasatch Crest Trail – Dog Lake

Monique Beeley

physical activities, Salt Lake citizens rank the highest in participation for hiking and 23% less than average in television viewing. With the proximity to places like City Creek and Millcreek Canyons, it's no wonder they're the fittest.

The hiking and biking here is world class, the scenery awesome and chances to spot wildlife excellent. City Creek Canyon is no more than a mile or two from downtown, but after seeing your third or fourth deer on the slopes above you'll feel worlds away from urbanity. Millcreek Canyon is a short 15 or 20 minute drive from city center and boasts one of the best trail networks for hiking and biking in northern Utah. Utahmountainbiking.com lists several of the Millcreek Canyon trails as "Must Ride Classics" for good reason.

City Creek Canyon

For Salt Lake City residents and visitors seeking a peaceful stroll or bike ride away from urban hustle and bustle, City Creek Canyon is a gem. The tree-lined entrance to City Creek beckons hikers onto its blacktop path and up a pleasant, shaded canyon. The free-flowing creek serenades the visitor with waters cascading gently downward toward the city below. For the first two miles up the canyon the creek is the hiker's constant companion. This is a quiet, gentle, and relatively easy stroll or bike ride. Watch for the dirt trail leading into the scrub oak to the left as you walk up the path - a good alternative to

walking on the blacktop that usually provides a greater degree of solitude. Surrounding trees provide a shaded canopy.

Along the blacktop path, there are picnic tables located every half mile or so that can be reserved through the Salt Lake City Department of Public Utilities. Restrooms are along the way. With its amenities and proximity to downtown, one might assume that this canyon would be a place unlikely to find solitude or beauty. That assumption would be incorrect. Of course, the canyon can be bustling on weekends and holidays, but the majority of the traffic clears up after the first couple of miles where the views are expansive and peaks of the inner Wasatch Range become visible. And, if you're lucky, wildlife such as deer, moose, elk, badger, and cougar can be observed in their natural habitat.

A local's tip: If you want a more challenging hike or mountain bike ride, the Bonneville Shoreline Trail can be accessed from a pond near the start of City Creek Canyon. The BST provides a steep, winding dirt singletrack, technical rocky stretches and beautiful valley views.

Millcreek Canyon

More of the same spectacular scenery, excellent hiking and biking and abundant wildlife make Millcreek Canyon a local favorite. Many of the trails are open to hiking and horseback riding only. But the trails that do allow mountain

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Meet the neighbor

biking in Millcreek offer some of the finest rides in Utah. The mountains that carve Millcreek Canyon are steep, dramatic and truly beautiful, but don't let that intimidate you. There are trails suitable for those just interested in getting some fresh mountain air with an easy walk in the woods, or all the way up to extreme backpacking treks, and just about everything in between.

There is a \$3.00 vehicle fee to use the canyon (hint: to avoid the fee, park before the fee station and ride your bike up, as cyclists are not charged). Or, you may choose to stop shortly after the fee station and begin the hike or bike up Rattlesnake Gulch to the Pipeline Trail. Your choice may depend on what time of the year. In the middle of the summer, when temperatures are hovering around 100 degrees, it may be wise to pass up this trail and continue up the road to one of the trails past the gate, located just after the picturesque Millcreek Inn.

While all of these trails are beautiful (and tough to recommend one over another), the Dog Lake hike is a family favorite. This is an alpine hike through pine forests and beautiful wildflowers. The destination is a high alpine lake surrounded by soaring peaks reflecting in the placid, clear waters. If you're hiking or biking in the spring before the gate is open due to the heavy winter snows, or you just want a nice, easy walk or bike try the Pipeline Trail. It's a relatively flat walk, but again, some of the views from this trail are jaw dropping.

So if you're visiting Utah's beautiful capital city on business or pleasure, take a bit of time away from urbanity for some nearby solitude in its backyard canyons.

VisitSaltLake.com

Solitude and Snowbird Ski Resorts

are great destinations for a summer getaway. Their proximity to Salt Lake City in the Cottonwood Canyons makes them ideal for a quick reprieve from the hustle and bustle or for an active multi-day vacation. The high elevation of both resorts means temperatures tend to be moderate and comfortable. The majesty of the

Wasatch Mountain Range beckons visitors to hike through the surrounding shaded forests or soak up the sun in an idyllic mountain meadow, lavishly colored with wildflowers. Solitude and Snowbird have extensive mountain bike trail systems throughout their surrounding mountains that are within a short pedal from resort centers.

Snowbird and Solitude feature a wide and diverse variety of summer events, activities, dining and lodging options. Both resorts offer lift-served mountain biking and mountain scooters (a great option for less experienced riders), hik-

ing, wildflower tours, trout fishing ponds for the kids, and scenic chairlift and/or tram rides. In addition, each offers its own unique activities, such as disc golf at Solitude. Snowbird has bungee trampoline jumping, two separate climbing walls and a zip rider that whooshes harnessed riders a thousand feet down a suspended cable from a 50 foot tower near the top of the Chickadee lift to the Snowbird Center. Other activities available at Snowbird are horseback riding, outdoor concerts, the annual Oktoberfest and more.

Snowbird.com

SkiSolitude.com

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Tread-setting in Park City

The skinny (and fat) on biking the town

By Jane Gendron

Fat tires, skinny tires, Burley tires, tricycle tires... all have a place in Park City. With close to 400 miles of trails, this mountain resort town has a little something for everyone in the tread-setting crowd. From an extensive system of moderate-to-downright grueling single-track to training wheel-friendly, hard-surface pathways, the town's ever growing network of trails makes for plenty of non-motorized, two-wheelin' fun as well as easy access to summer's happenings.

Hitting the singletrack

Backcountry trails, which weave



Miles and miles and miles and...

Michael Schwab

through the area's three ski resorts, open space and privately owned land, have long been a playground for mountain bikers. Relatively mellow loops like "Lost Prospector" and Round Valley's intertwining trails help novice bikers get their legs, while trails such as "Spiro" and the 26-mile "Mid-Mountain Trail" cater to more advanced riders. Within the Park City area, hundreds of miles of purpose-built trails (i.e., not just old Jeep tracks) criss-cross the mountain landscape.

Mountain Trails Foundation, the non-profit that serves as steward of the vast network, creates an updated trail map every summer that can be picked up at virtually any local shop in exchange for a modest donation. Though executive director Carol Potter says "my garage is my trailhead," the crowded trailhead parking lots would imply that not all riders are inclined to two-wheel through town... but, that may all be about to change.



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Royal Street Café Bounce Back Offer

Purchase a one-time ride on the Silver Lake Express chairlift from the Snow Park Mountain Biking Office, then enjoy lunch at Royal Street Café, and you will receive a free lift voucher which can be redeemed for a scenic ride lift ticket any day of the 2010 summer season. Between August 23 and September 6, guests will be given the option to choose a voucher that is valid for the 2010 or 2011 summer season.

Royal Street Café, located mid-mountain at the Silver Lake Lodge, is also accessible via the chairlift. The restaurant and chairlifts are open daily, June 18 through Labor Day. Chairlifts then continue to operate September 11 - 12, conditions permitting.



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Cruisin' on Cruisers

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Thanks to a \$15 million “walkability” bond, Park City is in the midst of reworking the town’s “walkable” and “bikeable” routes. To date there are 21-miles of hard-surface routes. The kid-friendly “Farm Trail” behind McPolin Barn or the Park City to Quinn’s Junction stretch of the Rail Trail, as well as 31 miles of soft surface trails, gives novice riders and those seeking safe connector routes a head start in the cruising arena.

According to Heinrich Deters, Park City Municipal Trails Coordinator, “several WALC (Walking and Biking Liaison Committee) projects are in the works; the lengthy list of improvements range from sidewalks in Park Meadows and paving sections of the McLeod Creek Trail to underpasses on busy Bonanza Drive and Kearns Boulevard.” Ultimately, the incorporation of pathways and safe crossings will transform the neighborhood trails into carefully connected loops that will also serve as a spine system for



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road cyclists and mountain bikers. “As the projects come to fruition, cyclists and pedestrians can better access loops, neighborhoods, county roads and back-country trails safely and efficiently,” states Deters.

Families already have their pick of short stretches of level, paved paths that separate riders from vehicles. Soon, these paths will become big loops. Deters envisions what he calls the “green loop,” a series of connected trails starting at Deer Valley’s Snow Park Lodge, leading down Poison Creek Trail (which skirts the hairy section of Deer Valley Dr. paralleling Old Town and City Park), under the soon-to-be-constructed Bonanza Drive tunnel, along the Rail Trail to Quinn’s Junction and ultimately connecting to Silver Summit. Though separate from the WALC efforts, the Silver Summit connector is already in the works.

Another lengthy cruiser for families begins at the Farm Trail, then meanders through the tunnel (under Hwy. 224), along McLeod Creek and Willow Creek Park trails and ultimately out to Redstone Shopping Center, where the promise of

an ice cream reward may help little legs with the pedaling effort. Both of these routes have hard-surface and soft-surface trails that keep bikers off the main drags.

Similarly, road cyclists can take paved paths, such as the beginning section of the Rail Trail, to avoid vehicular traffic until reaching the less-congested county roads like the Brown’s Canyon-Oakley-Kamas-Park City loop or the gorgeous Mirror Lake Highway. And by using Poison Creek Trail, road cyclists avoid Deer Valley Drive when accessing the heart-pumping Royal Street climb.

As Deters puts it, “Our walking and biking investment is an investment in our community and our environment.”

Of course, if time or energy does not allow for navigating the in-town pathways, several trailheads have parking spaces and most can be accessed by the free city bus system; all of the buses are outfitted with bike racks in the summer months.

Places to go, people to see

Though not every ride needs an end point, Park City’s summer events calen-

dar is chock-full of bike-friendly destinations – all of which won’t cost a penny (unless you can’t resist the Utah peaches at the farmers’ markets). A sampling of stops worth making along the trail:

Free summer concerts. Every Wednesday, local and regional bands take to the stunning outdoor amphitheater at Deer Valley Resort from 6 p.m. to 8 p.m. On Saturdays, The Canyons hosts live outdoor music from 6 p.m. to 8:30 p.m. Acoustic singer-songwriters and smaller groups of musicians also perform on Saturdays and Sundays at Old Town’s Miners Park from 1:30 p.m. to 5 p.m. Newpark Town Center, located adjacent to the Swaner Nature Preserve, has a free Thursday Night Concert Series in July and August as well as September Sessions, a free weekend concert series in the month of September. Silver Star also hosts free Thursday evening concerts, from 6 p.m. to 9 p.m. on its slope-side deck. *Occasionally, a free outdoor concert may be bumped by another event, such as a wine festival or symphony performance, so check out the Mountain Town Music calendar before packing a*



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cooler and heading for the shows at Deer Valley, Main Street and The Canyons.

mountaintownmusic.org.

For Newpark concert information, visit newparktowncenter.com.

For Silver Star bike and concert information, visit silverstarskiandsport.com or call 435/645-7827.

Take in some farm-fresh treats, local tunes and meet a farmer or artisan at one of two local farmers' markets. On Wednesdays, a sea of farm stalls fills the lower parking lot of The Canyons Resort from noon to 6 p.m. On Fridays, produce and homegrown goodies fill The Yard (on Kearns Blvd.).

parkcityfarmersmarket.com

Cycling note: Be sure to stick to side-walks and separate bike trails for as much as the Kearns and Hwy. 224 routes as possible and cross at traffic lights.

Make some music by testing out a giant xylophone-type, sculpture-instrument at the Sound Gardens along Poison Creek and McLeod Creek Trails. The funky instruments are located south of the Skate Park in City Park and close to Temple Har Shalom on McLeod Creek Trail.

Channel that free-to-be-you-and-me self at the Park Silly Sunday Market. This "zero-waste," festival-like market has a constantly changing assortment of artisans, farmers and entertainers – from veggie stands and beer gardens to wandering opera singers and rock bands. The market encourages cyclists by offering a free bike valet (run by Mountain Trails Foundation volunteers). Park Silly Sunday Market fills lower Main Street on

Sundays from 10 a.m. to 4 p.m.

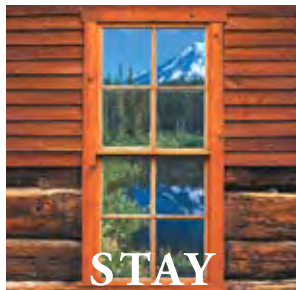
Feel like an Olympian as you ride the steep climb to Utah Olympic Park. The hairpin turns lead past free-range cattle and offer superb views as the road gains altitude. Site of the 2002 bobsled, luge, skeleton and ski jumping events, the 400-acre Utah Olympic Park has two free museums worth checking out (once you've caught your breath): the interactive Alf Engen Ski Museum and the 2002 Eccles Winter Olympic Museum. Take a self-guided tour or tag along with an expert. If you're lucky, your visit will coincide with athlete training, as Olympians and hopefuls soar off aerial jumps into the 400-gallon splash pool. An entry fee is required on Saturdays only, when aerialists put on a freestyle show; fees are also required for the park's rides (zip lines, alpine slide and bobsled).

olymparks.com

Cycling note: This will be a challenging ascent, particularly for riders unaccustomed to the altitude. You will be riding alongside cars on the entry road, so stay close to the shoulder.

Discover Park City's past. Pop into the recently remodeled Park City History Museum on Main Street and ask for a self-guided walking tour of Main Street and Park Avenue. For a fee (\$10 for adults), you can check out the interactive exhibits in the museum, take a guided historic tour (\$5) or sign up for "Hike through History with Hal" (if you choose to become a member of the historical society).

Parkcityhistory.org



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Free rides!

Yes, there is such a thing as a free ride. Several local bike shops offer group outings – both mountain biking and road rides – at no charge. Just show up, bring plenty of water, your wheels (or cash for rentals) and be ready to hit the trail:

19 Sports (located at The Canyons) offers several free group rides throughout the summer months. On Wednesdays, a women-only road ride concentrates on an array of skills from pace lining to pack-riding. Typically, cyclists split into a couple of groups and set off from the base of the resort for an hour-long loop ride. On Tuesdays and Thursdays owner Rod Riley (or one of his bike expert colleagues) leads an intermediate to advanced road ride. On the mountain biking front, 19 Sports riders lead a free, Saturday morning two-hour ride through The Canyons. 435-649-1901

From June through mid-Sept., **Cole Sport** (located at 1615 Park Ave.) hosts a social, road biking ride on Monday evenings. Cyclists meet and depart from the

Park Ave. shop. 435-649-4806.

Mountain bikers can join **Jans Mountain Outfitters** (1600 Park Ave.) for Tuesday evening rides, which cater to experienced cyclists. The rides (often three-hour outings) start in early May and continue through Labor Day. 435-649-4949

For the happy-go-lucky crowd, **Silver Star Ski & Sport** (1825 Three Kings Dr.) offers “Cruiserpalooza” on Thursday evenings at approximately 5:15 p.m. The relaxing, 45-minute, all-skill-level ride starts at the shop and casually makes its way to the McPolin Barn and back in time for Silver Star’s free outdoor concert, held from 6 to 9 pm. Expect a greeting from the shop’s mascot, Vidalia the bulldog, and be sure to stick around for some tunes and perhaps a bite at neighboring Silver Star Café. 435-645-7827

On the last Thursday of each month (May through Sept.), **White Pine Touring** (1790 Bonanza Dr.) offers a free employee-led, mountain bike tour for all



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skill levels. Riders meet at the shop, split into groups and set off for approximately two hours – just enough time to build up an appetite for the post-ride (also free) barbecue. 435-649-8710

Hitting the hay after a fun-filled day

Lodging deals are ripe for the picking during Park City’s warm months.

“I’ve seen summer lodging deals reach as much as 50% off winter pricing,” says Park City Chamber/Bureau communications coordinator Stephanie Nitsch. Jeff Bennett, president of Park City Area Lodging Association, concurs, explaining that the association’s members often work with the chamber to promote lodging packages of “exceptional value.”

Whether booking a condo for a month or a hotel room for a long weekend, be sure to ask about discounted rates and package deals when making reservations. Check out “hot deals” on the chamber Web site, parkcityinfo.com.

Adventure for all in Heber Valley

By Alexandra Fuller

Jaw-dropping mountain views, green farmland ribboned with a clear river, two charming small towns with unique shops, restaurants and resorts, plus world-class summertime recreation. Add to this mix laidback friendliness reminiscent of simpler times and a location only 45 minutes from a major international airport and you get one of the world's premier mountain recreation destinations. Welcome to Utah's Heber Valley.

Nestled under the impressive shadow of the Timpanogos massif and flanked by two mountain reservoirs, the relatively small Heber Valley offers a startling diversity of warm weather recreation options within a very short drive. In a two-day window, a visitor to the Heber Valley could conceivably enjoy all of the following: hiking, mountain and road biking, fly fishing, boating, golfing, horseback riding, hot stone massage, soaking in mineral hot springs and dining in any number of locally owned cafes and restaurants. Here's how to fit it all in:

Morning One: Mountain Biking or Hiking

The Dutch Hollow area of Wasatch Mountain State Park offers panoramic vistas of the entire valley, plus miles of thoughtfully designed single-track trails for all levels of hikers and bikers. The rolling Cottontail Trail winds through a wildflower meadow, and loops around a lookout point with an interpretive map sign. For more advanced riders, The Boneyard loop and The Barrel downhill offer challenging technical riding with playfully banked turns and steep descents through fragrant sagebrush. For guided bike or hike adventures on more remote trails, check out the Adventure Haus at Midway's Zermatt Resort or the Midway Adventure Company.

Afternoon One: Guided Fly Fishing

Considered one of the top 10 trout streams in the Rocky Mountain region, the Provo River courses through the Heber Valley, offering blue ribbon catch-and-release opportunities for fishing newbies and veterans alike. Four Seasons Fly Fishers and Trout Bum 2 both offer experienced guides and instructors who intimately know every bend and ripple of the Provo River. Both outfitters offer half and full-day angling sessions, with gear and snacks included.

Sunset One: Golf

No need to stop the fun now; cap the day with a sunset session on the links. Within a 10-mile radius are five 18-hole courses, offering something for every ability level and course style preference. The Homestead Resort's 7,000-yard, par 72 mountain course was designed by PGA Senior Tour Pro Bruce Summerhays and boasts northern Utah's only GPS yardage system. Wasatch Mountain State Park is home to two of Utah's most popular public courses: the challenging Mountain Course where golfers are likely to spot roaming elk, wild turkeys and other wildlife, and the gentler Lake Course with its pastoral beauty. An official competition venue during the 2002 Olympic Winter Games, Soldier Hollow



Fish on!

offers 36 holes of championship golf on the appropriately named Gold and Silver courses.

After the Action: Resorts

The Heber Valley is home to several unique resorts and B&B's. One of the oldest is The Homestead Resort, which in addition to lodging, dining and conference services, boasts warm mineral soaking pools and the unique attraction of a 55-foot deep limestone cavern with 95-degree natural mineral water for swimming, snorkeling or



The kids will show you the way

scuba diving. Designed to resemble a Swiss alpine village, Zermatt Resort has won 14 Utah Best of State awards and is renowned for its luxurious spa. Charming bed-and-breakfasts pepper the valley; one favorite is The Johnson Mill. Others are listed here: BBIU.org

R & R: Spa Treatments

After so much action, some pampering is not only deserved, but necessary. The Spa at Zermatt Resort in Midway offers an extensive menu of Swiss and mountain-inspired treatments, from an Edelweiss Extract Massage to a Swiss Walnut and Pine Body Polish. For the ultimate reward, the 90-minute Mountain Springs Hot Stone Massage uses custom-blended essential oils and heated basalt lava stones to soothe tired muscles and lull the body into a state of bliss. Delicious.

All spa guests enjoy full access to the amenities of the resort's deluxe Wellness Center, including indoor/outdoor pool & hot tub, aromatherapy steam grotto and modern fitness center with gigantic picture windows overlooking the Wasatch Mountains.

Morning Two: Family Fun

While the Heber Valley offers plenty of adventures for adults, there's no shortage of diversions for the whole family. In the National Forest lands above the valley floor, Daniels Summit

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Lodge offers guided horseback riding through stands of aspen trees and wildflower meadows for everyone eight years and older. Suitable for kids of all ages, the historic Heber Valley Railroad offers scenic rides in an old-fashioned train, as well as outings that combine a train ride with adventures like river rafting, horseback riding or hay wagon ride and cowboy barbecue dinner.

Afternoon Two: Get Wet

Whether visitors prefer lakes or rivers, thrills

or chills, water abounds in Heber Valley. In addition to fly fishing, the Midway Adventure Company offers white water river trips on the lower Provo River for adults and kids three years and older. Or, to experience the river's action up close, try an inner tube float trip. Only a few minutes from both Heber and Midway, Deer Creek Reservoir beckons with over 3,200 acres of clear water and on-site powerboat and jet ski rentals. For a quieter outing, explore the rich bird habitat—home to osprey, bald eagles and sand hill cranes—

along the lake's edges in a kayak from Adventure Haus at Zermatt.

Sunset Two: An Evening Stroll

Wind down for the evening with a gentle stroll. From the Wasatch Mountain State Park Visitor's Center, enjoy mountain and golf course views along the one-mile walking path to Huber Grove, an historic settler's homestead with a 130-year old apple and pear orchard. And during autumn, visitors can pick several heritage apple varieties for \$3 per bag. For valley and lake views, the Deer Creek Trail starts at Soldier Hollow and winds for eight level and easy miles above the river delta and lakeshore. Be sure to bring binoculars to take advantage of the excellent bird watching.

After the Action: Dining

After so much adventure, visitors are sure to have worked up an appetite. Both of the primary towns in the Heber Valley—Midway and Heber City—offer locally owned restaurants and cafes in a range of prices and cuisines. In Midway, the Bear Dance Café has casual pub fair and an upstairs sports bar. In Heber, Snake Creek Grill is a favorite for diners and food critics alike, with its homey comfort food with an innovative twist and an emphasis on locally sourced ingredients. On Main Street, Spin Café boasts barbeque and other Americana favorites, plus *really* good gelato. And, Tommy's Texas Barbecue has authentic smoked entrées. Don Pedro's Mexican Restaurant is open for lunch and dinner, dine in or carry-out. A popular local favorite is Dairy Keen, "Home of the Train," a "Best of State" award winner for burgers and shakes.

R & R:

No need to return frazzled from vacation. End the getaway with a relaxed body and spirit by indulging in a yoga class from Heber City's excellent local studio, Lotus Leaf Yoga. The experienced instructors offer a range of classes for every ability level, including the therapeutic Restore/Meditation, which calms the nervous system and brings the body into a relaxed state. For those who still haven't had enough action, the Fusion Flow class combines a heated room with fluid movement to energize and detoxify. Classes are offered daily; check the website for the seasonal schedule.

For details about summertime visits to Utah's Heber Valley, gohebertvalley.com.



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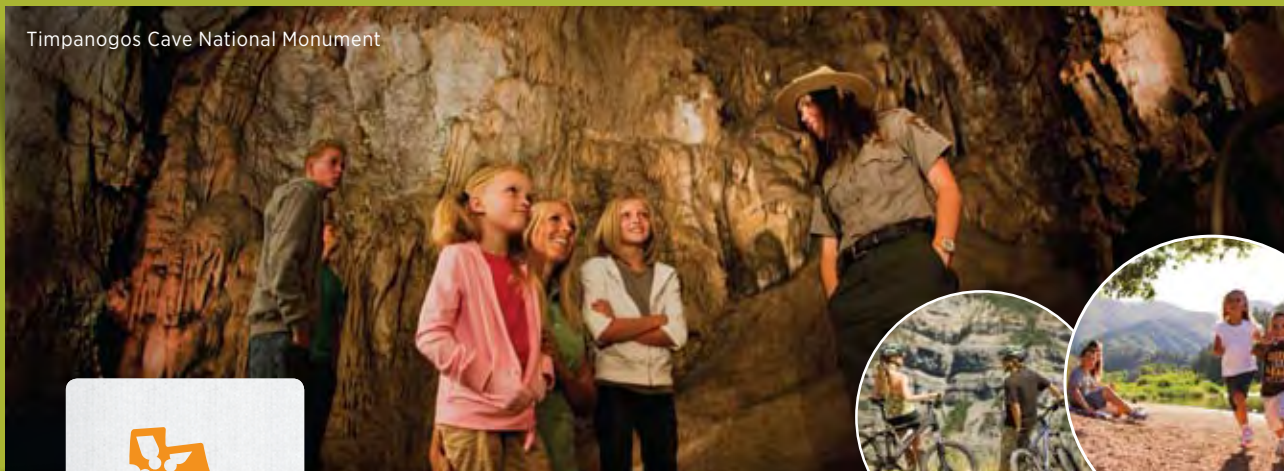
are conveniently located to nearby recreation sites and activities.

Sundance Resort up Provo Canyon is internationally known both as a ski area in winter and a summer playground. Experience the best of the European Alps, right here in Utah. Robert Redford's world-class resort has been named to the *Conde Nast Traveler* Gold List of the world's best and *National Geographic Traveler's* prestigious Stay List of the top 150 properties in North America. Few places in the world have the majesty, beauty and convenience of Sundance with a full roster of summer activities – from popular scenic full-moon lift rides to mountain biking, flyfishing, hiking, horseback

riding, concerts and theater. Sundance has over 10 miles of alpine hiking trails from routes meandering through forest to steep mountain terrain, with an additional 25+ miles of mountain bike singletrack. Both hiking and biking trails can be accessed from the chairlift. State of the art full suspension bikes can be rented at the Sundance Mountain Outfitters, and private or group instruction is available. This summer the new Redford Conference Center will be completed. This 3500 square foot facility is environmentally friendly and will provide services for conferences, meetings and retreats with full service catering. At the end of an adventurous day, rejuvenate yourself in the Spa at Sundance.

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Uh-oh! I better put the hammer down!

Upscale lodging is available at the resort and the dining is to die for.

Are you up for a family bike ride? The Provo River Parkway Trail is a paved, multi-use pathway suitable for walkers and joggers, bicyclists and in-line skaters. The scenic Parkway follows the Provo River for 15 miles from Utah Lake State Park to Vivian Park in Provo Canyon. Except for a couple of short, steep climbs, the path is a relatively easy ride even for small children. However, because the route is popular and in places somewhat crowded, good bike control is a must. Take it slow and easy and enjoy the views!

The Parkway is a great alternative to your

car for getting around Provo since it intersects with the College Connector Trail in town, connects with the Great Western Trail up at Canyon Glen Park and the Bonneville Shoreline Trail at Bridal Veil Falls Park.

Bridal Veil Falls is a double cataract waterfall that cascades dramatically 607 feet to the Provo River. Follow the Parkway to get a closer view of these spectacular falls. Feel free to dip your feet in and get wet, 'cause the base of Bridal Veil Falls has a nice shallow pool which little kids love to splash around in. The surrounding trails are great for spring, summer, or fall hiking and biking, and the views can be absolutely breathtaking.

Want to learn to sail or just kick back and let an experienced salt handle the helm? The Bonneville School of Sailing on Utah Lake has regular schedules for either. Bonneville's Learn to Sail Program was designed as an entry-level course to teach basic boat handling skills in all but the most challenging conditions. Curricula also includes advanced sailing courses and celestial navigation.

Are the kids up-and-coming paleontologists? Check out the fascinating Museum of Ancient Life at Thanksgiving Point. The museum has the distinction of being the world's largest display of mounted dinosaurs. You'll not only meet our fierce prehistoric friends, you'll also become a part of their world. While you're weaving through the exhibits, chirps of insects and growls of ancient creatures greet you in each hall. Exhibits like the Erosion Table and the Fossil Dig give visitors an opportunity to be a part of the science of paleontology. At Thanksgiving Point, the kids will love the experience at Farm Country. Bring your little ones to spend an afternoon helping the staff milk the cow, gather eggs, groom the animals, buck hay, and slop the pigs. It's a fun, hands-on experience for the whole family. The 55-acre Thanksgiving Point Gardens has fifteen different themes and the largest man-made waterfall in the western hemisphere. While you're at Thanksgiving Point enjoy dining in the Harvest Restaurant, simple yet elegant and charming, a comfortable, fine-dining destination located in

Water Tower Plaza. Harvest features regional American dishes with some Mediterranean influences serving contemporary adaptations of comforting classics, including grilled entrées, fresh salads, homemade soups and desserts at unpretentious prices in a beautiful and relaxing setting.

The hike up to Timpanogos Cave National Monument (a good, well defined trail with 1000 feet of climbing) will get you some aerobic exercise. Once there, experiencing the cave's three unique caverns and the "Heart of Timp" will strike awe in both kids and big kids! Timpanogos Cave sits high in the Wasatch Mountains. Helictites and anthodites are just a few of the many dazzling formations to be found in the many chambers. As visitors climb to the cave entrance they are treated to incredible views of American Fork Canyon. Ranger programs are a great way to expand your exploration of Timpanogos Cave and American Fork Canyon. Spend a few minutes or a few hours to share information, stories, and discoveries. A variety of interpretive ranger programs are offered during the summer months (May through September). Junior Ranger Programs at the Visitor Center patio are held at 10 AM Saturday mornings and holidays, Memorial Day through Labor Day. These programs cover a variety of interesting topics for kids of all ages. Children may become a "Junior Ranger" at anytime by participating in the program and earning a Junior Ranger badge or patch and certificate. Junior Ranger booklets are available at the visitor center.

Looking for festivals, events and maybe a concert or two? You've come to the right place. The Spanish Fork Wind Festival offers everything from kids kite making workshops and zip lines rides to outrigger canoe rides followed by an evening Luau beach party. The Wind Fest is just one of the many, many festivities in Utah Valley. Another is America's Freedom Festival Stadium of Fire, one of the biggest Fourth of July fireworks productions in the country. Enjoy concerts under the stars at the Sundance Bluebird Café Series in an outdoor amphitheater with renowned songwriters performing their hit songs and telling the stories behind them. For more, see UtahValleyFestivals.com.

So to satisfy your appetite for affordable family fun, next time try Utah Valley. Begin by picking up a copy of the Utah Valley Visitors Guide.

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Fun and Games in the Northeast

(Northeast Utah, that is)

Story and photos by Ruth Hines

Our family set out on a new adventure to the far northeastern corner of Utah. We had several reasons for choosing this part of our great state. Since my husband and I had enjoyed some whitewater rafting years ago, we had always wanted our children to experience this, so we signed up for a river trip on the Green River. My kids had developed an interest in fishing, but since my husband and I had no experience in this area, we decided to hire a local guide to fish on Flaming Gorge Reservoir. Our son, Michael, was in fourth grade and the students were to choose and visit a county or area in Utah then prepare and submit a report on their experience. This entire area was new to our children, and we were excited about these new experiences for our family.

We arrived in the evening at Red



Split Mountain—Dinosaur National Monument

Canyon Lodge, a place I knew our kids would enjoy. We stayed in a very comfortable cabin near a lake where kids fish for free. It turned out that they fell in love with this fishing hole and the entire surroundings, nestled in a high altitude forest. It was beautiful and serene. Mark Wilson and the staff of Red Canyon lodge were very hospitable. One staff member even took Michael out on a paddle boat on the lake as daughter Jennifer fished off the dock (and caught two trout). Canoes were also available as well as horseback riding, biking and hiking. Plenty to keep active and curious children busy. redcanyonlodge.com

Just being in the out-of-doors gave them a sense of adventure. They enjoyed chasing chipmunks and lizards, catching

a moth on a twig and scavenging the area for the perfect s'mores sticks. (They learned how to roast marshmallows with the "original" marshmallow roasters, since Mom forgot to bring the commercially produced ones.) As we drove down the short road to the Red Canyon Overlook we passed several bighorn sheep near the road. This is the closest we had been to bighorn in the wild. Of course, we had to stop and take some photos. They didn't seem at all bothered by our presence. There is an abundance of wildlife in the area including deer, elk, and marmots. Rare raptors also make their homes here--peregrine falcons, osprey and golden eagles.

Red Canyon Overlook offers an inspirational view of this deep gorge about

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4,000 feet across and the lake 1700 feet below. Interpretive signs along the walk explain the history and geology of the area. There were large cracks in the earth as a result of water seeping into the earth's cracks, freezing, expanding and splitting the rock. The children found this geology lesson quite interesting.

We went to Manila to see 300 teams of fishermen come in from the Villa Fishing Derby. This is a big event every May. We met Hank Gutz of Triangle "G" Fishing Service who would be our fishing guide on the lake Monday morning. He was busy weighing in the catches. After stopping by Daggett County's Government Offices for some information on the area, we drove back along the Flaming Gorge-Uintas National Scenic Byway, also known as the "Wild-life Through the Ages." This drive offers a variety of scenery as you pass through an area rich in a variety of wildlife and fossils. Dinosaur bones, sea shells and shark's teeth have been found here. The

Sheep Creek Geological Loop is a 10 mile Scenic Backway off this road which travelers can pass through millions of years of geology in only 20 minutes. We continued on to the Flaming Gorge Dam which was built across the Green River and dedicated in 1964 by Mrs. Lyndon B. Johnson. The visitor's center there has lots of information on the dam and offers tours hourly. We drove across the dam by Flaming Gorge Resort and over to Dutch John. We wanted to explore the area a bit so Michael could gather information for his fourth grade report on Northeastern Utah. We enjoyed a delicious dinner back at Red Canyon Lodge and enjoyed an evening of relaxation which included roasting marshmallows over the campfire. Ahhhh!

Sunday we arose very early to meet at Don Hatch River Expeditions in Vernal for our whitewater trip through Split Mountain Canyon. We met Kassie, our guide on the river and Nick who would pilot our lunch boat. On the way to the river we stopped to view some impressive Native American petroglyphs. After donning our life vests and reviewing safety rules, we climbed in the rafts, and took up our paddles. The Class III rapids were thrilling for all, interspersed with calm sections to enjoy the beautiful canyon scenery. We relaxed and enjoyed a tasty deli style lunch at "Don Hatch Beach" before continuing on the remaining four miles. Just prior to taking out, we pulled over and enjoyed a short hike up the mountain to a cave once used by Butch Cassidy as a hideout. It offered a nice view of the river below and the opposite canyon wall. The afternoon was spent back at the fishing hole at Red Canyon Lodge. What a great day it was!
donhatchrivertrips.com

Monday morning began around 4:30 a.m. so we could eat and get on our way to Lucerne Valley Marina to meet Hank who would teach us a little about fishing. He took us out in his boat where the water was as smooth as glass, reflecting the beautiful red cliffs and blue skies above. We could see an osprey on its nest and

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watched as it took flight along the red wall of the gorge. The fishing was good, too. Each time one of the children called out, "I got one!" there was a flurry of activity to reel it in and scoop it into the net. When the children had caught their limit of Kokanee salmon we turned toward shore. Then it was time to clean the fish. Now, no one said anything about *cleaning* the fish—only catching them. Hank got to do that while the children watched squeamishly. We thanked Hank for taking us out on his boat and teaching us about fishing. We headed for home with new knowledge of this sport and six salmon ready for the grill. All in all, it was a very satisfying morning in many ways.

The Flaming Gorge National Recreation Area has something for everyone—camping, hiking, biking, wildlife viewing, horseback riding, scenic drives and exploring fossils in and around Dinosaur National Park. Water activities including fishing, boating, water sports, and rafting (half day to three-day trips) are available on the reservoir and the Green River. Spend several days exploring the variety of recreation and scenery in Northeastern Utah's Flaming Gorge Country and Dinosaurland.

Flaminggorgecountry.com
Dinoland.com

Dude Ranches, Lodges, Cabins

Hidden Springs Ranch is a beautiful 600-acre dude ranch with a 20,000 square foot log lodge. Hidden Springs offers a variety of recreation opportunities: swimming, hot tub, sand volleyball, horseshoes, skeet shooting, rock climbing, canoeing, fishing, indoor basketball and volleyball, paintball, mountain biking, horseback riding, hiking and game rooms.

hiddenspringsutah.com

Six Lakes is a stunning 400-acre fishing and wildlife preserve with two comfortable log cabins on the property - a five bedroom, six bathroom and a three

bedroom, four bathroom cabin. There are six lakes on the preserve for aquatic recreation. Recreational opportunities include fishing, hiking, mountain biking, canoeing, swimming, boating and waterskiing on Sandwash Reservoir adjacent to the preserve. sixlakesutah.com

An Orvis endorsed fly-fishing and bird hunting facility, **Falcon's Ledge** has eight private suites and a restaurant in the lodge. Guests may book a room for just one night, or for an all-inclusive fly-fishing or bird hunting package that includes lodging, meals and guides. The lodge is located in a beautiful 600 acre canyon containing eight private flyfishing lakes. Falcon's Ledge also guides flyfishing on five local rivers, and guide bird hunting on their private bird hunting preserve, Pleasant Valley Hunting Preserve. falconsledge.com

Lake Fork River Cabin is a beautiful two bedroom cabin on the bank of the Lake Fork River. Small groups of family or friends can rent it to be right on the river to fish, or who would like to enjoy the 520 acre property for hiking, wildlife viewing, or mountain biking.

A short drive from Flaming Gorge Reservoir off of the Sheep Creek Geological Loop, **Spirit Lake Lodge** sits at over 10,000 feet. The area has camping, hiking, fishing, wildlife photography, mountain biking and boating. The abundant wildlife includes elk, moose, mule deer, bighorn sheep, black bears, eagles, coyotes, osprey, and mountain lions. Services include nightly lodging in cozy cabins, full-service restaurant, boat rentals, and all-inclusive package deals for groups. spiritlakeutah.com



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Rover, Spot and Phydeaux— Man's Best Friends

Story by Ted Brewer

Photos by Gary Kalpakoff

Best Friends Animal Society

It's among the largest refuges of domestic animals in the world, but that doesn't mean **Best Friends Animal Sanctuary** is necessarily domesticated. Located just outside Kanab and surrounded by southwestern Utah's most iconic wilderness landscapes, the sanctuary makes it easy to enjoy red rock splendor and do some good for the animals at the same time.

The landscape is, in fact, one of the primary reasons thousands of Best Friends' volunteers keep coming back year after year—nowhere is volunteering such an aesthetically pleasing experience, especially when walking one of the residents of Dogtown, the dog care center at Best Friends.

As Phil Zabriskie writes about the sanctu-

ary in the Asian edition of *Time* magazine, "Of all the miles I've walked in the spectacular landscape of the American Southwest, one of the most memorable was a stroll over a stretch of desert scrub with a scruffy, playful, sweet-as-can-be black-and-white dog named Harley." One of hundreds of sanctuary dogs up for adoption at Best Friends, Harley is always up for a hike.

Though not within The Grand Staircase-Escalante National Monument, the 3700 acres that comprises Best Friends may as well be. The focal point of the sanctuary is Angel Canyon, carved through one of the step-like terraces that define the monument. Walls of caramel-colored cliffs line both sides of the canyon, leading in and out of steep side canyons that beckon exploration. From the rim



A fine duet

of the canyon, an incredible vista of the monument's brawny White Cliffs encircling the sanctuary to the north is there for the gazing.

If the scenery here appears faintly familiar, it's because you've probably seen it before—on the small and big screens. The "Lone Ranger" television series was shot in Angel Canyon, as were numerous scenes from "The Outlaw Josie Wales" and the Disney movie "One Little Indian." A barn built for the filming of "One Little Indian" still stands in one of the horse pastures along the canyon floor.

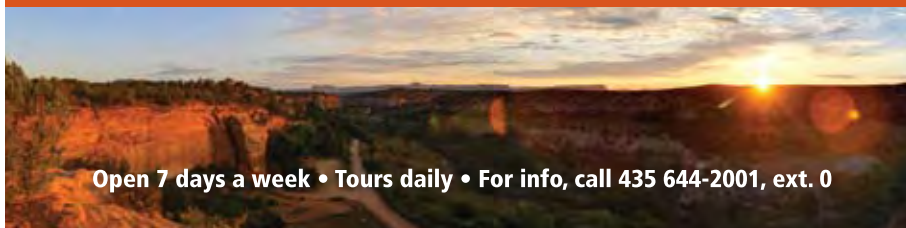
Offering a break from desert heat, Kanab Creek runs a sinuous course through Angel

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Canyon, its banks dense with cottonwoods, cattails, willows, and birdlife. At one stretch, the creek channels through about 12 feet of sheer rock—a favored destination for dog outings.

The short, but exhilarating Water Canyon hike from the Best Friends Welcome Center is one of the more thrilling ways to sample the canyon. Along the way, you and your chosen canine(s) can dawdle in Kanab Creek and relish one of the few perennial streams in the area, sustaining a multitude of wildlife that live in or pass through the canyon. From there the trail traverses the side of Angel Canyon towards the cliffs before veering into a side canyon, where the ruins of an Anasazi kiva squats inside one of the many Angel Canyon alcoves. The trail climbs upward past spiraling rock formations and follows a spring before ending at a pour-off in the cliffs—where flash floods are often funneled into the canyon. From there, it's easy to roam along the slick rock to the east rim of Angel Canyon, where gorgeous vistas open up and down the canyon and out towards the White Cliffs.

Water and time sculpted this magnificent landscape, and an easy jaunt into yet another side canyon reveals another way water behaves here. As snow has piled up over countless winters, water has seeped through the porous sandstone rock and dripped into a subterranean chasm known as the “underground lake.” A short path lined with gamble oaks leads into a gaping hole at the bottom of a cliff, and the water inside is from snow that fell hundreds, perhaps thousands, of years ago. It's a refreshingly cool place to bring dogs on a warm day.

The sanctuary lends itself nicely to explo-

ration—that is, if you don't mind finding your own way around. Following deer trails, bush-whacking along the canyon bottom, or walking up and down the creek, you never know what you and your chosen dog may find. You may even stumble across an Anasazi petroglyph, pictograph, ruin, or spot a hawk's nest perched on a cliff ledge. Or you may run into a gaggle of wild turkeys that fly down each evening from the rim of Angel Canyon to roost in the cottonwoods.

A good starting point, layover, or lunch spot for a hike through the canyon is Angels Landing, a natural amphitheater set within the cool, shady recesses of a domed-shape rock alcove. The acoustics are stellar here, making this an ideal setting for the occasional concert Best Friends hosts. And the lawn that's maintained here makes this an optimal place to romp with the dogs. Caregivers often bring dogs here to conduct some training, or simply to have a quiet moment away from the hub-bub of Dogtown.

Those who prefer a more structured way of experiencing the sanctuary while walking dogs can always tromp the trails around Dogtown. The trails meander across the desert floor through juniper trees, pinion pines, rabbit brush, Mormon tea, and sage brush. The dog-walking trails double as nature trails, flashing an array of native plants, blossoming from spring throughout the summer. From autumn to early spring, chances are good that you'll encounter deer along the way.

And once you've seen Angel Canyon, there's a smorgasbord of other locations within a few hours to experience, including Zion National Park, Bryce Canyon, the north rim of the Grand Canyon and the huge Grand Staircase-Escalante National Monu-

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ment. One of the closest destination hotspots to the sanctuary is Coral Pink Sand Dunes, a Utah State Park a mere fifteen minutes or so from Best Friends. Here, the waves of dunes, Technicolor in the morning or evening light, offer dogs a perfect place to romp and add their paw prints to the hundreds of wildlife tracks you'll find here on any given day.

Whichever way you decide to experience Best Friends Animal Sanctuary or its environs, there's a canine companion or two at the sanctuary willing and waiting to experience the landscape with you. And there's no more gratifying way to do it.

***Editor's note:** You can help. There are many ways animal lovers, vacationers and travelers to Utah can assist this wonderful and caring facility. Volunteering, adoption, donations and magazine subscriptions can all be found at bestfriends.org.*

Kanab—The Adventure Gateway

The outdoor recreation and adventure opportunities in and around Kanab are seemingly endless. Zion National Park has some of

the finest technical climbing and canyoneering routes found anywhere in the western United States. The dozens of hiking trails in Zion are world renown - from advanced slot canyons excursions through the Virgin River Narrows to Emerald Pools, a family-friendly leisurely stroll young kids and seniors will enjoy.

Kanab is a gateway community to the Grand Staircase Escalante National Monument. Stark, mysterious, remote, rugged, secluded, mystifying are some of the many adjectives used to describe this amazing landscape. Nearly two million acres of pristine backcountry at its finest and destined to stay that way. Slot canyons by the hundreds. One is Buckskin Gulch, at 13 miles the longest continuous slot in the southwest. It is also one of the deepest with canyon walls climbing hundreds of feet above the floor. The Wave in Coyote Buttes, famed internationally, is nearby. Permits required, flash floods quite possible and carrying plenty of drinking water a must. Also in the neighborhood is the aptly named Paria Rimrock Toadstool Hoodoos hike. A camera will capture the memory.

If you have always wanted to see the Grand Canyon, see it from the north rim. The one hour, 42 mile drive from Kanab up through the Kaibab Plateau's meadows and forests of dense ponderosa pine and mixed conifer leads to the brink of the spectacular north rim of the Grand, 1,000 feet higher than the south rim. Watch for the abundant wildlife and experience breathtaking views of the canyon. The Kaibab Plateau North Rim Parkway is a captivating drive for travelers and an outstanding route for road bikers. If you're a skinny tire enthusiast looking for a leisurely ride through fir, pine, aspen forests, meadows graced with wildflowers and the awesome majesty of the Grand Canyon, cruise this byway to see why ESPN named it as one of the Top USA Biking routes.

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That's What Friends Are For

By Susan Hand



On a crisp October morning I perched on the side of Canaan Mountain, south of Zion, in the midst of a small grove of maples. The little trees clung to the shallow dirt on a ledge of Moenave Formation, which comprises the aptly named Vermilion Cliffs. Their branches were draped in the glory of autumn, fiery leaves flecked with purple and gold. The air around me seemed to glow.

A giggle of delight escaped my lips. I looked around to see who might share this enchantment. Our guide Jeremy beamed back at me. He too appreciated the subtleties of fall in these redrock canyons; there would be no vast hillsides cloaked in riotous color. Instead, the change of season was intensely intimate, with vivid pockets tucked into remote canyons washes or alcoves in the cliffs.

The rosy hues warmed me as much as the vertical hike and I paused to shed a layer. As I chatted with Jeremy I referred to the leggy shrubs as Rocky Mountain maples. He demurely mentioned that

they might be Bigtooth maples. I later checked it out with a botanist buddy, and Jeremy was probably right. Chalk another one up for the professional guide.

We had five hired guides on this adventure, as well as several pros from various reaches of the outdoor trade. I run a gear shop in Kanab and my sweetie, Allen, is a river guide who had just returned from a Grand Canyon trip to join this outing. But our group of twenty-some also included people who were fresh to the sort of adventure our hosts had in store. We all were the guests of Señor Rojo, Paul and Mo, and their *Outdoor Utah* excursion would soon fasten each of us to a hank of rope so that we might dangle into the slot canyon below.

Meanwhile, we climbed above the cool shade of the canyon to gaze on the domes and hoodoos of Navajo Sandstone that capped Canaan Mountain, namesake of the recently designated Wilderness Area. Ponderosa pines were strewn about the slickrock as if to lend scale to the




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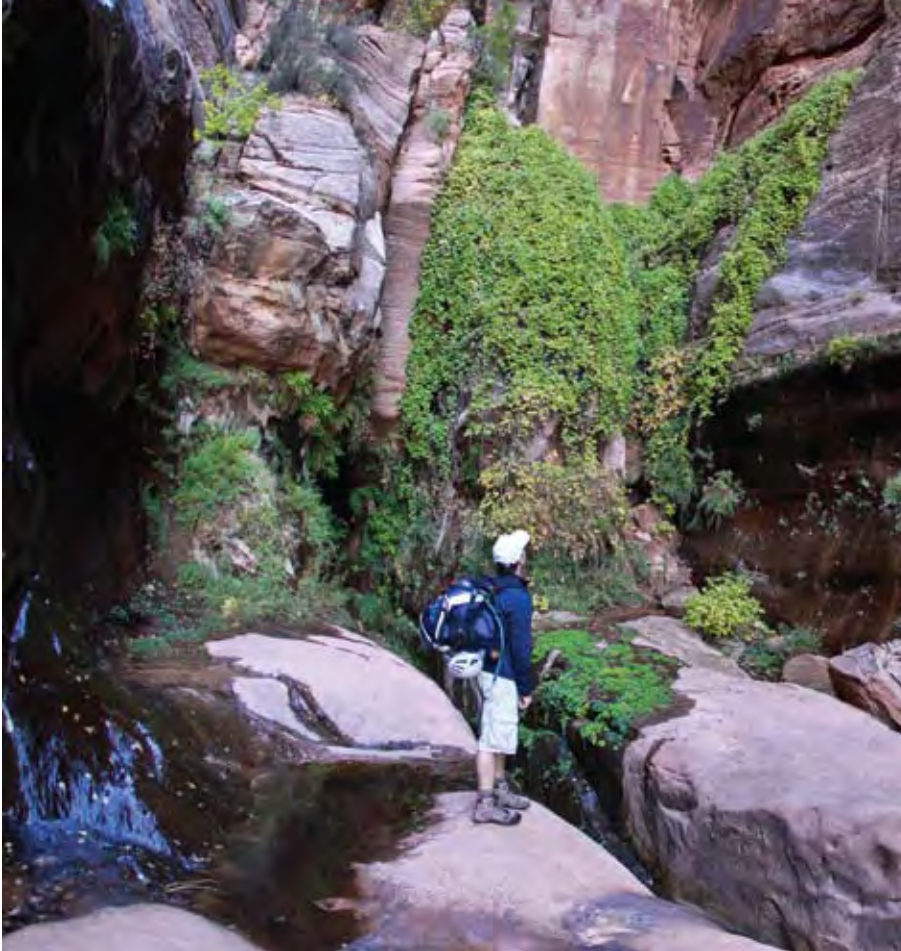
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"I dropped from way up there?"

massive cross-bedding. The shadow of a peregrine gamboled across the cliff face to the east.

A couple of our guides, John and Greg, scampered up the switchbacks ahead of us and disappeared. By the time I crested the slickrock rise and reached the first rappel the ropes were set and two of the guides were down. Two more soon backed over the rim. They would hopscotch down the canyon ahead of us, set up for each rappel and usher our large group through. Young Eric manned the ropes for us as our group reassembled after the hike up. He checked gear and offered instruction and encouragement. For some, this was their first rappel, and it was a long one. Keep your feet in front of you. Drop your butt. Remember to breathe.

I had rappelled this canyon before, and some others. Still, I was reluctant to let go of solid rock; to rely so completely on strands of fiber and bits of metal; to defy gravity. I recalled my first technical

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canyoneering experience; I had joined a couple friends who had considerable expertise, and I knew I was in good hands. Even so, the last drop had been 120 feet of free fall into a pool, and I felt like a tea bag on a string as I sank below the cup's rim.

Fourteen years later, the anxiety of that day was still with me, but so was the vision of light squeezed through sculpted rock. The thrill of adrenaline seems at odds with the sublime serenity of the slot canyons. I just accept that the rope can send me places I could not otherwise reach. I watched Eric as he deftly fingered a coil. I knew I didn't need the back-up belay he provided, but I didn't mind it either. Allen and I were among the last to go. I clipped in and lowered myself over the lip. Above me, Eric and Allen were engaged in some banter, but I was focused on my task. Then I heard Eric laugh and it occurred to me how relaxed he was. I smiled and surrendered to the embrace of the canyon.

Reaching the bottom, I left the ropes and meandered down the canyon floor to the next drop. In contrast to the morning's hike up, the walks between rappels seemed short and effortless. Our group was now dispersed along the length of the canyon, and the parties gathered above each pour off were small and giddy.

As I waited with Karen (Señor Rojo's other half and my role model) for our first rappel with John, she queried him about his career. He told us he was a certified guide. He drifted seasonally to find work, embracing the lifestyle. Karen chided him that he had best stay away from the girls. He promised he would, but I didn't believe him. Rojo arrived from the rappel above us, where he had laid a small gash into his arm. Once we determined it wasn't serious, Karen rolled her eyes and shook her head. Rojo always bleeds a little when he plays outside.

Greg was waiting for us farther down



A "first-timer" doing just fine.

Allen Gilberg

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the canyon. He wore a fleece pill-box hat with silver-streaked dreads draped beneath. He coached the peeps through a downclimb with genuine enthusiasm. He assured us this might be the most fun to be had. It was. At the bottom was a pool to jump. Some made it, some didn't, and though we couldn't see from above we could always tell from the sound effects how it turned out.

Below the last rappel, the canyon floor was lined with Gambel oak, now golden as the days grew shorter. Some of the shrubs had distinctive leaves with particularly deep lobes. I gathered samples of the leathery foliage and pressed them into a pocket of my pack to share with my botanist friend. From there, a pleasant stroll brought us to a selection of microbrews from the Wasatch Brewing Company. Paul had cleverly stashed them in the cool flow of the creek before we started the hike. We toasted to old and new friends as we sorted our gear.

More than anyone I know, the crew

from *Outdoor Utah* are masters at marrying outdoor adventure to creature comforts. In half an hour, we had made the return trip to St. George, and indulged in showers, gourmet food, hot tubs, libation, revelry, and social enrichment—in no particular order. For all the excitement of the day, the worst outcome was that the toddler son of Dean, owner of the guiding company, caught his finger in the door at the restaurant.

In the morning we gathered at a picnic grounds in Snow Canyon. One of our hiking companions, Steve, set up his *Camp Chef* cook gear and served breakfast burritos for everyone. As we bid fond farewells, Allen and I hopped on our bikes and pedaled up the broad canyon on a paved trail. The route was peaceful and everything seemed easy in the mild fall weather. Some weeks later I remembered the oak leaves in my pack. They were crisp and brown by the time I retrieved them, and the ground was covered with snow.

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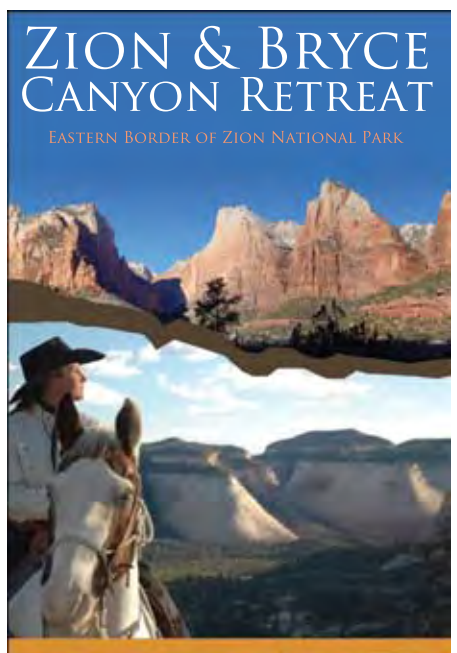


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Getaway to Brian Head

Story and photos by Monique Beeley

Nestled in the heart of southern Utah in the Dixie National Forest at 9,600 feet, Brian Head is the state's highest resort town. Boasting more than 200 miles of pristine alpine singletrack for mountain biking, hundreds of miles of lush, for-

ested and high elevation red rock hiking trails, the ski and summer resort is just minutes from the redrock amphitheaters of Cedar Breaks National Monument and Ashdown Gorge Wilderness Area. With average summer temperature in the 70's

combined with the many, many lodging options all offering screaming summer-time deals, Brian Head is the ultimate holiday or weekend getaway.

As we unfortunately know, life gets busy and quality time with your sweet-heart sometimes takes a back seat. Brian Head makes for the perfect mid-summer retreat offering the perfect combination of outdoor recreation, fine dining, spas and quality lodging.

Our retreat begins with a scrumptious breakfast at the Grand Lodge, followed by a short drive on scenic Highway 143, recently named The Patchwork Parkway, Utah's newest Scenic Byway. The route leads to Cedar Breaks National Monument. There is a movement underway to change the monument status to that of National Park and you'll understand why when you see this magnificent creature of nature. The Cedar Breaks offers miles of alpine red rock hiking trails. From the visitor center join in on a Ranger-guided hike to learn all about the flora and fauna, weather and time that has all made Cedar Breaks so amazingly beautiful. Be sure to pack a picnic lunch, complete with the red-checkered tablecloth, and find a quiet, romantic spot in one of the many nearby "day use" picnic areas. During the summer months the open meadows surrounding Cedar Breaks are in full bloom showcasing a bursting rainbow of high elevation wildflowers.

Next, head over to Navajo Lake, just a few short miles southeast on highway 14. Navajo Lake Lodge offers boat and canoe rentals for those wishing to enjoy the alpine beauty on the water. The Navajo Lake Loop is a great 11.5-mile beginner/intermediate singletrack that winds around the lake. Built by the Dixie National Forest Service in 1996, this trail offers smooth, groomed singletrack with low grade hills making it a great option for a variety of abilities. An exciting stretch of the ride twists and turns through a lava rock field. Don't fall here!

After an adventure filled day, head back to the lodge for a little R&R and hot tub before heading out for a fine dining



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Navajo Lake Loop—Fun for all riders

experience at one of Brian Head's great restaurants.

Day two presents a couple different options, the first a little solo time. Both Cedar Breaks Lodge and The Grand Lodge offer full menus of spa services. Whether you are looking to pamper your feet with an aromatherapy foot treatment or the Signature Red Leaf Stone Massage, you are sure to find peace and tranquility while your partner enjoys something a little more hardcore. That would be Dark Hollow, a classic Brian Head downhill mountain bike adventure ride. Head over to Georg's Bike shop first thing and hook up with a shuttle to the trailhead. The 14.5 mile, point-to-point downhill drops a whopping 5,000 vertical feet, boasting technically steep and rocky descents with little climbing. Time for ride, including shuttle, should be around three hours, so you're back in town just in time to meet your sweetie at the lodge for a romantic lunch. Both of you will feel satisfied and content having spent individual time in the morning hours, a prelude to a great day! After lunch, head over to Brian Head Resort for a scenic chairlift ride. Then, either climb to the summit cresting at 11,307 feet via the Brian Head Peak Trail or hike on one of the many resort trails while taking in the amazing panorama of colors, Cedar Breaks to the south and the massive Tushar Mountains in the distance to the north.

After an adventure filled day head down to Cedar City for a true Shakespearean experience. Cedar City, only a few short miles from Brian Head, is the

home to the Tony Award winning Utah Shakespearean festival. The Festival offers matinee and evening performances, including free greenshow, backstage tours and literary. The summer season runs late June through Labor Day and the fall season is mid-September through October. Find the full schedule at Bard.org

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With an impressive line up of year-round entertainment, Cedar City is a great place to discover both outdoor and indoor fun. Festivals and events with varied themes appeal to all ages and interests. Here's a sampling of some favorites...

Utah Summer Games and State Games of the West – June 9-27

Athletes and spectators fill the soccer fields, pools, tennis courts and every nook of town as Southern Utah University and Cedar City host the annual Utah Summer Games. Grand Opening Ceremonies include fireworks, musical performances and, of course, the parade of athletes (June 10).

Explore Utah's newest National Scenic Byway – June 12

Join the celebration and explore National Scenic Byway Hwy SR 143. “Patchwork Parkway” makes its debut as not only a beautiful drive, but a historical significant part of southern Utah history. Celebration events take place all along Hwy SR 143 from Parowan to Panguitch.

Groovefest – June 23-27

The 8th Annual Groovefest - All American Music Festival teams up with the Cedar City Arts Festival to present live music and art in Main Street Park. Food vendors, fine art displays and free live music make for enjoyable summer days and nights. Music and workshops are scheduled throughout the day and music continues with after-hours entertainment. groovefestutah.com

Paiute Restoration Gathering and Pow Wow – June 25-26

The 29th annual authentic Native American Pow-Wow held at the Paiute Tribal Center showcases Cedar City's Paiute heritage with dancing and drums.

Utah Shakespearean Festival – June 28-August 28 (summer) September 16-October 23 (fall)

The Tony Award winning Utah Shakespearean Festival earned Cedar City its title of Festival City USA. Experience the Festival with music, dance and theatre at its finest. Backstage tours, the Greenshow, play orientations, and literary, props, costume and actor's seminars. New this year, witness the magic of the twice a day scene change with Repertory Magic. All these elements combine to make your Festival experience one to remember. Bard.org

Cedar Breaks Wild Flower Festival – July 2-18

The wildflowers of Cedar Breaks National Monument put on a show of color during the month of July. Wide arrays of unique and varied natural wildflowers explode amid the back drop of redrock stone spires, columns, arches and canyons. nps.gov/cebr

Neil Simon Festival – July 15-Aug 14

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Great American Stampede – Sept 9-11

Featuring a horse parade up historic Main Street and professional rodeo action, the Great American Stampede takes place at the Cross Hollow Event Center (west of Cedar City on Hwy 56).

Red Rock Relay – Sept 10-11

The second annual snow to sun 180 mile team endurance run starts at 10,000 feet in Brian Head and winds through amazing scenery including scenic highways SR 143 and SR 14. The relay ends in Ivins, Utah, just outside of St. George.

Cedar City Sky Fest – Sept 17-19

Colorful hot air balloons take to the skies each morning, launching from the soccer fields of Bicentennial Park. Remote control airplanes and live music add to the fun to make SkyFest a lively fall event.

Cedar Canyon Half-Marathon – Sept 18

The first half-marathon course to travel down Scenic Byway SR 14, this spectacular downhill course offers a fast pace and beautiful view. Registration at active.com

Pumpkin Festival – Oct 23

Celebrating all things autumn: Games for children, art vendors and fall fun all coalesce for a fall spectacular. This event is held on the Randall Jones Theatre lawn from 10 AM -1PM.

Cedar City Livestock and Heritage Festival – Oct 29-31

Featuring the famous sheep parade, plus historic and modern sheep camps, wagons, horses, antique tractors, concerts, entertainment, a stock dog demonstration, vendors and a Dutch oven cook-off. Cedar Livestock Heritage Festival held at the Cross Hollow Events Center (West of Cedar City on Hwy 56). For more information call 435-586-8132 or cedarlivestockfest.com

For a more complete listing of festivals, events and all Cedar City happenings, visit: ScenicSouthernUtah.com/events

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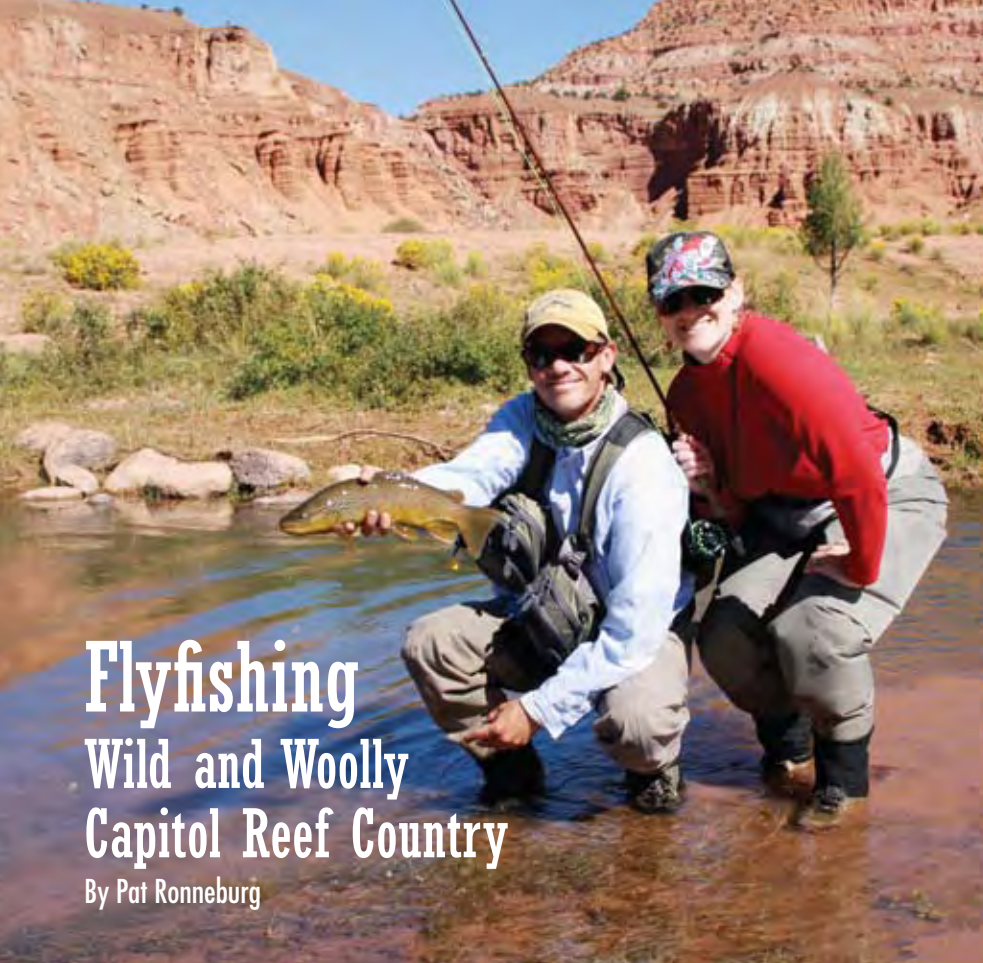
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Flyfishing Wild and Woolly Capitol Reef Country

By Pat Ronneburg

Mo, Kati and I were going to fish the area near Capitol Reef National Park with our intrepid guide and good friend, Aaron Adams, from Trout Bum 2 in Park City. Mo and I fished with Aaron a couple years ago so I was excited to go with him again in another new place. Aaron was very familiar with the area and wanted to show us public and private water on the Fremont River as well as some of his other favorite spots.

Although I am a Utah native, I didn't know much about the area before this visit. I took the opportunity to do some reading before we went and I learned a lot! Just a few historical notes: The Rabbit Valley (Wayne Wonderland ring any bells for the oldsters?) has been a tourist Mecca since the early 1900's. Capitol Reef National Monument was set aside in 1937; then designated a National Park in 1971. In 1996, the controversial Grand Staircase-Escalante National Monument was created.

The Rabbit Valley is the easternmost interior valley of Utah's High Plateau. The area was settled by the Mormon pioneers in 1875 when the Richfield Coop Livestock Cattle Company sent their herd to graze. The cattle and their keepers were soon followed by rustlers from the infamous Wild Bunch/Robbers' Roost gangs, giving the area some of its wild reputation. The valley is on the western edge of the badlands that edged the Old Outlaw Trail and was also a traditional stronghold of early Mormon thought and practice. Cattle were not only the oldest, but the most important industry until the advent of tourism.

Early our first morning we went to the public access area near the highway. We hiked for a few minutes between sandstone cliffs, heading east into the sunrise. The air was crisp and clear--I could see my breath! I was glad for the warmth of my waders. When I was packing I had forgotten that we would be at 7000 feet.

The land bore little foliage except for right along river's edge. As we glimpsed the river through the scrub, we saw that it was muddy. We decided to nymph



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some holding water to no effect. I don't know if a fish could have seen the offering if the hook had scratched its nose. We headed back to town to try the private water. A good choice, Kati hit it big! If this is what you wish, contact Trout Bum 2 or one of the local guide services in the area to book a trip.

A word to the wise: Most of the Fremont River runs across private land. As always, know before you go where the boundaries are, because they may not be well marked. I further recommend that you never fish on private property without the owner's permission. Almost all of the private sections of the Fremont River could be seen from the main highway, but there is no easy public access. Don't think you can "sneak on" to this particular river. The locals are wise to fisherman tricks. Word has it that fishermen have been hunted down and required to leave by the local sheriff. (Still preferable to being hunted down by a local owner with a shotgun!) As I understand it, the first time the sheriff is polite



Guides know where the trout hang out

and helpful and takes your name. The second time, not so: trespassing fines and confiscated gear.

Late in the afternoon Aaron and I headed up for some "pond" fishing at Lower Bowns Reservoir. We took the kick boats, but when we arrived at the lake the wind was howling and the whitecaps were marching in step. The water level was low: the dam was totally out of the water and much of the bottom of the lake was exposed. In spite of the wind and the low water, we decided to cast streamers from the bank to see if we

could find fish. We worked from south to north, toward the dam.

A couple of fishermen passed us walking back from the dam. They suggested that we skip all the water between where we were fishing and go directly to where they had just finished. We took them at their word and made tracks for the sheltered and calm section of water directly below the dam. There were no rises, so we didn't change rigs. We started blind casting and all of a sudden we were into fish. They were holding on a color change about 25 feet out from the bank. We stood in one place for about an hour and caught fish after fish after fish, all on the same streamer, almost on every cast. And they were hot, pretty rainbows - not giants, but plenty spunky! They'd get up and tail walk a little, jump once or twice, run behind us and wrap the line around our legs.

After awhile, Aaron got overheated and decided to take a break and I wanted to see if the calm water further east held as many fish so (like an idiot!) I moved. I spent the next 30 minutes, walking and casting and going fishless. My fish gurus, Stu and Terry in Dutch John, have told me "never leave fish to find fish," but sometimes I get confused and forget the rules! I kicked myself all the way back to Aaron, but by then the fish had had enough of us and moved on to points unknown. We agreed that it was an amazing and memorable hour, probably never to be repeated. We decided we'd had enough fun for one day and went back to the motel to meet up with Mo and Kati for dinner.

The second morning dawned chilly

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and bright. Aaron and I got up early and headed for the public access water on Bicknell Bottoms. Aaron told me that this water was nothing like the parts of the Fremont we had fished the day before. Indeed: the water was glassy, shallow and slow, a total spring creek! We stood on the road until we spotted rising fish: they were sipping something I couldn't see in the shady parts of the river. Aaron picked out the ittiest bittiest flies I'd seen in quite a stretch and we crawled on hands and knees through the weeds and across the marsh to the edge of the creek. The technique was to kneel and cast downstream to the little guys and feed-feed-feed 'em line. And spooky? I did manage to hook up once or twice but never did land a fish; however Aaron got a couple to the net. Big fun, but not if you don't like the technical stuff.

Later that same day we jumped across the hills into a neighboring valley and headed south for a small Blue Ribbon creek that Aaron wanted us to try. The creek was isolated, but was designated public water. This creek was very small and it held some good fish—all wild! Based on the size of the water, I was pleasantly surprised at the size and abundance of the trout. Fighting them in such close quarters was pretty hilarious, too. I should have brought a shorter rod! The nine footer was definitely not an advantage here. Oh, well. Live and learn to fish another day.

CapitolReef.travel

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With all the beautiful landscape in and around Capitol Reef National Park and the picturesque town of Torrey, and with all the quality flyfishing, it makes for a difficult decision to depart and head on. But don't fret. You'll soon be rewarded almost beyond belief. The 130 miles of State Hwy 12 from Torrey to the intersection of US Hwy 89 near Panguitch is designated a National Scenic Byway and Utah's first All-American Road. The route leads travelers through some of Utah's most dramatic and stunning scenery. Arguably, the most dramatic and scenic in the entire country.

From Torrey the road, aptly named *Journey Through Time Scenic Byway*, winds its way south and upward past Pleasant Creek and Oak Creek through the Dixie National Forest. Towering pines and aspens form a veritable tunnel along the way in this high alpine landscape. Several overlooks, Larb Hollow, Steep Creek and Homestead are well worth visiting since panoramic views of Capitol Reef, the Waterpocket Fold and the Henry Mountains in the distance will demand the camera. The route roughly parallels the Great Western Trail (GWT) up to the summit of Boulder Mountain ("Boulder Top" to locals.) The GWT is a major national trail running from the US borders with Canada to Mexico, bisecting Utah for nearly 400 miles. The GWT has many sections of parallel trail to allow both motorized and non-motorized users to co-exist. Hikers, mountain bikers, horsemen/horsewomen and ATV riders, share the resource! If you're still itching to hook into some wily trout, there are many high alpine lakes up here,

although most are more reachable by horseback.

The highway descends off of Boulder Top to the tiny, historical town of Boulder. Don't blink or you'll miss it. Boulder's claim to fame is that it was the last town in the country to have mule train postal delivery. Stop in at the fascinating Anasazi State Park or take a side trip on the historic Burr Trail. Only slightly more populous, Escalante is but 30 miles southwest. But an incredible 30 miles through the Grand Staircase Escalante National Monument. At one point the road traverses over the Hogsback, where deep slickrock canyons gape open on both sides of the road, thousands of feet down to the floor. Best the driver slow here and keep both eyes on the road, until safely on the turnout. If time permits, a great side trip is the Hells Backbone Road loop around Box Death Hollow. 4WD and high clearance recommended.

Boulder and Escalante combined have a population of less than 1100 hearty souls, yet these two southern Utah communities provide much of the necessary services and outdoor recreation support to the 1.9 million acre Grand Staircase Escalante National Monument. Hiking and backpacking, pack animal trips, canyoneering and horseback/fly-fish excursions are major activities in GSENM and on Boulder Mountain. It seems that most every citizen is involved in one way or another – lodging, gear sales, guide services, etc. The new and impressive Interagency Visitor's Center houses BLM, US Forest Service and National Park personnel. Stop here for brochures, topo's, information, to view

displays and, most importantly, advice on where to go, how to enjoy and survive in the vast wonderland that is GSENM.

On to Bryce Canyon National Park.

Bryce is a short and scenic drive from both Zion and Capitol Reef, roughly midway between the two, but oh so different from its sister national parks. Capitol Reef and Zion are viewed from their canyon floors looking upward to huge redrock monoliths. Conversely, Bryce is viewed from its rim looking down onto hundreds of convoluted spires known as "hoodoos." Hiking down into this fascinating landscape is a rare treat.

Bryce hiking trails are rated easy, moderate and strenuous but be aware that all begin at the rim and descend into the canyon. He who goes down, must come back up. The Queens Garden Trail beginning at Sunrise Point, descending 320 feet, is considered the least difficult trail entering the canyon from the rim. Traveling this trail you will see many hoodoos, representative of garden like features. Using your imagination you may be able to see Queen Victoria at the end of a short spur trail, overseeing the garden before her.

The trail to Tower Bridge begins at Sunrise Point and heads northeast along the Fairyland Loop. This trail is considered a "moderate hike" due to the drop in elevation from the rim down to Tower Bridge of 950 feet, and takes about 2-3 hours to complete the 3 mile hike. Once at Tower Bridge one has the option of returning to Sunset point or continuing on farther around the Fairyland Loop. For all hikes in Bryce good shoes/boots are a must and carry plenty of water.

Horse and mule rides are an alternative way to see the canyon. In spring, summer and fall, Canyon Trail Rides wranglers lead 2-hour and 4-hour horse and mule rides into Bryce Amphitheater along a dedicated horse trail and the Peek-a-boo Loop Trail.

Finally, the *Journey Through Time Scenic Byway* descends from Bryce down into Red Canyon with more eye-boggling landscape. Some of Utah's finest mountain biking is here with Thunder Mountain rated the best by many seasoned riders. Trails in Casto and Losee Canyons are multi-use—hiking, mountain biking, off-road vehicles and horse. Other trails in Red Canyon are designated hiking only and one of the best, if time is a factor, is the 3/4-mile Arches Trail. This great family hike features 15 arches along the route and a comfy cove for a picnic lunch.

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Deep and Cccccccccooooold!

A Day in Butch Cassidy's Neck of the Woods

by Jim Hilding

Photos by Carl Oelerich

Canyoneering, according to Wikipedia, is traveling in canyons using a

variety of techniques that may include walking, scrambling, climbing, jumping, abseiling, and/or swimming. Just a few years ago, very few people were familiar with the term canyoneering (or Wikipedia, for that matter). I suspect the good folks at Wikipedia never spent a day descending an impossibly narrow water carved crack in the San Rafael Swell with Brett Sutteer of Moab Cliffs and Canyons, for if they had they surely

would have included falling, scraping, flailing and smiling in their definition.

As we drive south from Salt Lake City on our way to Green River to meet up with Brett, the fall foliage across Soldier's Summit is in full pyrotechnical bloom. We descend past the Castle Gate mine north of Helper and my mind drifts from the extraordinary beauty of this place to the history of the people that came through here over the course of the last century. Less than a month ago I traveled this same road with a friend and we discussed how radically things can change in the span of just a few generations. My grandfather, for example, a man I knew before he died when I was 10, was born in 1892. That is five years before Butch Cassidy hightailed it out of the Castle Gate mine with \$8,800 dollars in his saddlebags and two posSES hot on his trail. I think about that now since our ultimate destination is a small slot not far from the labyrinth of dusty twisted canyons known as Robber's Roost. In fact, just north of the Roost in the San Rafael Swell where we are headed, Cassidy managed to get those two posSES, one from Price and one from Huntington, shooting at each other before they figured out Cassidy was long gone. Of course, we are on our way to recreate, but not so long ago, these very same canyons provided men (and a few women) like Cassidy's Wild Bunch, impenetrable fortresses from the law.

Green River, Utah, unlike many other former dusty outposts across the West, seems to cling to its history of mining, outlaws, railroad and cowboys while embracing the necessary change to keep it from becoming an anachronism. We pass a few shops on our way to the very modern and comfortable River Terrace Inn. Owners Lana and Ben Coomer have taken full advantage of a long spread of riverfront property by a placid stretch of the Green to provide travelers with a truly spectacular setting. With all the modern amenities, the River Terrace could be anywhere. Fortunately it isn't. We grab a burger at Ray's Tavern because..well, when in Rome...and prepare for a day of canyoneering.



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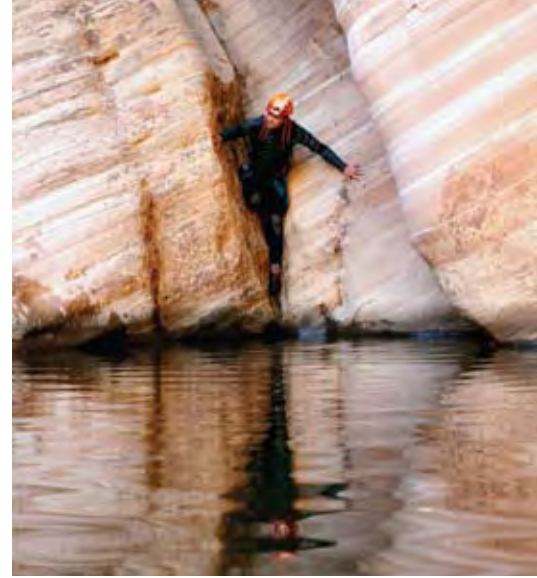
river-terrace.com



After growing up in Salt Lake City (with a mutual friend we quickly learn), Brett Sutteer came south to explore Utah's spectacular redrock country. For the last ten years, he has owned Moab Cliffs and Canyons and guides people through the slots, cliffs and mazes carved by millions of years of erosion. Our destination is Little Sinbad, also known as Zero Gravity, a wet canyon not far from Eardley Canyon on the western edge of the Swell south of Interstate 70. Somewhere across Highway 24, just a few clicks from here, Cassidy spent his days resting his horses and counting his loot before planning his next heist. Not us. We're trying on wetsuits and adjusting climbing harnesses before the short hike into the start of the descent. After Brett demonstrates a few simple techniques, we don our wetsuits and harnesses and prepare to descend. After comfortably hiking to this point wearing shorts and t-shirts, it seems a little odd to be wearing a wetsuit in the desert. But as the walls close in tighter, they also reach higher which means the late fall sun disappears completely from view. I'm certainly appreciative of the wetsuit as we drop or

fall into icy pools of dark water. It also provides protection from the sandpaper-like walls which is key as they encroach ever closer. Overall this is not a particularly difficult canyon to navigate, but a few spots are neither for the faint of heart nor the overindulgent eater, and I am equally appreciative of Brett's obvious expertise and reassuring demeanor. Clearly he has done this a time or two before. I struggle to squeeze through a few tight crevasses and wonder how the others in our party, who outweigh me by more than a few Twinkies (which says more about me than them) can manage. But after some challenging sections, we all successfully drop down the final slide and swim across the last pool before the short walk back to the trucks.

About the only thing we might have had in common with the Wild Bunch on this day was sitting down afterwards and rehashing our adventure over a few cold beers as the afternoon sun played across the desert and the shadows grew longer. We'd been in the San Rafael Swell a few short hours. The memories of the day will last a lifetime.



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Life is Short, Live it!





Taking a Few Steps Back in Time

by Monique Beeley

The Book Cliffs stretch nearly 200 miles from east to west, from where the Colorado River descends south into Grand Valley in Colorado to Price Canyon in Utah. The unique and amazing cliffs are composed of sedimentary materials - the name is derived from the Cretaceous sandstone that caps many of the buttes to resemble a shelf of books.

Deep in the heart of the vast wilds of the Book Cliffs lies Tavaputs Ranch. This 15,000-acre working ranch offers the best of the "True" Wild West experience. Located 50 miles east of Price the sprawling ranch sits proudly at 8,500 to 10,000 feet, a marvelous high elevation oasis in the wilderness.

While driving to the Ranch we gratefully felt the hustle and bustle of our day-to-day life slowly slipping away.

We stopped several times to get out and enjoy the sights, sounds and smells of the wilderness. We spotted many deer bounding off from the roadside into their wilds as we made our way to the Ranch. Upon arriving we were considerably more relaxed as we took in the incredible scenery in every direction.

We were welcomed by our hosts/ ranch owners Butch and Jeanie Jensen, their daughter Jennie and son Tate. Tavaputs is a true working ranch and the entire family takes pride in making it thrive. Jeanie invited us into the dining area for fresh lemonade and some delicious homemade cookies. The room's wrap-around windows allowed us to take in panoramic views of the surrounding landscape. Jeanie gave us a brief description of what we were observing in

the distance—the Tavaputs Plateau, 5000 feet above the floor of Desolation Canyon and the Green River.

As we sat on the deck watching the glowing sun sink ever so slowly over the western Utah horizon the air was filled with the aroma of burgers cooking on the double-barrel BBQ. We were famished from the long day and dinner was wonderful; delicious local beef cooked perfectly with all the trimmings!

Ten PM, lights out. The stillness of the wilderness filled the air as we sat on the porch of our cabin enjoying this brilliant star-lit night. Stargazing is truly incredible when you are so remote and far from the lights of modern day civilization.

We woke just before dawn. Feeling well rested and anxious for today's adventure, we walked the grounds in anticipation of a beautiful sunrise, signaling in the beginning of a new day. A tour of Range Creek was our destination of the day and we were excited to have Butch and Jeanie as our guides for the incredible journey.

Jeanie grew up on the Wilcox Ranch at Range Creek and has first-hand knowledge all the wonders of this area. "With my grandparents Budge and Pearl, parents Don and Jeanette, Uncle Waldo and Aunt Julie, cousins and older brother we all lived there on the home ranch and

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spent many, many days out exploring the beauty of the canyon” said Jeanie. The University of Utah conducts their summer archeology field school in the area, where students are able to spend weeks at a time living at the Wilcox Ranch and working to uncover some of the treasures still hidden in the canyon. When asked how she feels about the University of Utah’s custody of Range Creek, Jeanie replied “It makes us feel good to know that they are taking such great care of the area.”

In 2001 Waldo Wilcox, entering his 70’s quietly sold the Range Creek property to the nonprofit Trust for Public Land. Subsequently, federal and state agencies arranged for the land to be deeded to the State of Utah. Scores of archaeologists flocked to the site in amazement of the extensive ruins and how well they were preserved. Fully intact pit houses, granaries stuffed with corncobs a thousand years old, arrowheads, beads, pot shards and stone-tooled remnants were strewn everywhere. It was as if nothing had been touched. Thanks to the foresight of the family landowners over the years, and always keeping “mum’s the word” this area is one of the last untouched archeology sites in the country.

The mysterious Fremont people inhabited the area from 200 to 1300 AD. In 1300, they migrated away from the creek to points unknown. What spurred this migration remains a subject of speculation. The Fremont culture either died out or was absorbed by other peoples sometime after that. One of the most intriguing aspects of the area is the granaries they constructed. Many of them were built into sheer cliffs sometimes as high as 900 to 1200 feet above the canyon floor. Of the 15 percent surveyed by the University of Utah, some 300 granary sites have been located. There are also numerous pictographs and petroglyphs, collapsed pit houses and smaller artifacts such as tools, arrowheads and pottery. Among the more astounding finds at Range Creek was the discovery of a large wooden flute measuring 27 inches long with three finger holes. To date, it is the

only such flute of its size and nature to be discovered.

Range Creek is currently owned by the State of Utah and managed by the Utah Museum of Natural History at the University of Utah. Some have called the area a “virtual time capsule.” Years of private ownership, extreme care and vigilant protection of this 1600-acre archeological site combined with natural isolation and harsh climate has served to protect much of the archeological evidence of the Fremont culture. Exactly when they disappeared from Eastern Utah is debated, but it’s now known that they lived in many different settings like Range Creek and were amazingly able to adapt to all of them.

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Editor’s note: Tavaputs Ranch was awarded the 2009 Leopold Conservation Award. This prestigious award, named in honor of world-renowned conservationist Aldo Leopold, is presented annually in seven states to private landowners who

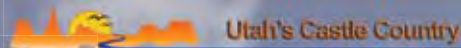


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How to Beat the Heat

by Ron Georg

Photos by Monique Beeley

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Moab heats up in the summer. Still, people come. To be sure, some come by mistake, having neglected to check the weather history. Others are tied to schedules which require summer breaks.

For those folks, escaping the heat is easy. Paved roads climb to over 8,000 feet in the La Sal mountains just outside Moab, and graded gravel will take most vehicles to 10,600 feet at Geyser pass—once the snow has melted, which doesn't happen until it's really hot more than a mile below in Moab.

The Forest Service has really stepped up in recent years, under the direction of Forest Service recreation specialists Brian Murdock and Max Forgensi. The land managers have worked with Trail Mix, the county's non-motorized trail advisory committee, to improve and develop access and opportunities for mountain bikers, hikers and equestrians.

As a result, the LaSals have extensive networks of well-marked trails, as well as a wide range of camping oppor-

tunities, both primitive and developed. The areas around Warner and Oowah lakes are the most popular, and both are central to a trail system with day's worth of exploration.

An early rising mountain biker now can find their favorite trail nearly to themselves when, on an April weekend, the same trail might resemble gridlock. Rim Tours offers their Sunrise Downhill Tour all summer through September. This 18 mile ride begins high up in the LaSal Mountains and descends 3500 feet into Moab. Rim also runs guided ½ day and day rides, but you need to set that alarm for an early wakeup. Courthouse Loop is a great one for beginners and families.

Is alpine singletrack your gig? High up in the LaSals is an epic ride, Burro Pass Down, aka The Whole Enchilada. Epic? A descent of 7000 feet over 32 miles combining seven trails over virtually every type of terrain imaginable.

If just being up in the mountains isn't sufficient, with temperatures 20

to 30 degrees cooler, enough to enjoy a campfire at night, then you might want to seek professional help. Matt Moore and the guides at Desert Highlights can provide that.

You might be able to find Pleiades Canyon, but you'd likely turn back at the first waterfall. That's where the adventure begins on this canyoneering trip. With the guides handling the technical rope work, this tour follows a crisp mountain creek through a narrow canyon with rappels down seven cascades.

Within just a few miles of this route, in mid-summer, people will be struggling to keep cool, hoping they brought enough water. Meanwhile, Desert Highlights' guests in Pleiades Canyon will be wearing dry suits to stave off hypothermia.

But there are some people who really want to go into the desert when it's hot. Heat can be transcendent. We may not be able to melt, but a spell in a sauna can leave a person feeling like a puddle, poured into place.



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Don't fall asleep—there's whitewater comin'!

Of course, the true joy of a sauna is in contrast, whether it's just the cold night air or a snowbank just outside the door. The desert can be like that, if you know where to find the chill.

Dave and Emma Medara know. They own and operate Moab Desert Adventures, and one of their popular tours during the summer heat includes a good wade deep in a shady slot.

Their trip into Entrajo Canyon offers a rare slot canyon experience close to Moab, and it's appropriate for families with kids, Emma said. In the bottom of the canyon, water depth can range from a deep wade to a short swim, especially for kids.

Moab Desert Adventures handles all the technical work, and they provide dry bags so waders can carry a dry change of clothes—often on top of their heads—for the end of the trip. The Medara's start early to catch the cool morning, but the day will be heating up by the end, so some might just keep those wet clothes on.

Wet cotton, taboo in the mountains, where "cotton kills" is a common warning, can feel pretty good in the desert. That's because evaporation is a cooling process, as we all recall from seventh grade earth science.

That's why Moab Rafting & Canoe owner Theresa Butler recommends a "Moab swamp cooler" for tempering the local heat. She's not referring to the primitive but effective cooling systems that squat atop most Moab homes, rather, to the even simpler solution of wearing a wet life vest on a hot day on

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the river.

Moab Rafting & Canoe focuses on the often unsung stretches of river between the big water of Cataract Canyon or Westwater on the Colorado River and below the rapids of Desolation and Grey Canyons on the Green River. For flatwater enthusiasts, these trips through Canyonlands are some of the most spectacular and remote in the country.

The Green River trips through Labrynth and Sillwater Canyons are Moab Rafting and Canoe's bread and butter. These trips are multi-day commitments, with no easy way out until take-out. That's a big part of their appeal.

The Colorado River, on the other hand, offers opportunities for anything from an afternoon to a multi-day excursion right out of town. For about fifty miles downstream from Moab, the river is flat and mellow through Meander Canyon, and daily jet boat runs by Tag-a-Long Expeditions allow for pickups anywhere along the route.

Meander Canyon is one of the most



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Just a moment ago—LaSal mountain snow

scenic sections of the Colorado River. In his latest book, “Utah—the Light Fantastic”, Moab photographer Tom Till includes at least five shots of the section of the Colorado River, which winds past Deadhorse Point state park and the Island in the Sky District of Canyonlands National Park before it meets the Green River in the heart of Canyonlands.

In the caption of his iconic photo of the rivers’ confluence, Till relates how he issued a standing request to local pilots to notify him when the Colorado turned red as its name implies, while the Green retained its characteristic hue. He got the call and the photo. Paddlers might not get quite so dramatic an effect, but the confluence is always magnificent.

During the summer months, after the water slows from spring runoff, the heat is a lazy luxury on the river. Physical exertion may not be so appealing, but it hardly seems to matter as the canoe makes its way through otherwise inaccessible land with so little effort.

If you do go out in the backcountry, heed the ubiquitous warnings around town regarding water and sunscreen. Carry and use both. A person exercising in the desert heat can require a quart an hour just to maintain hydration. Even with minimal exertion, campers will find that the usual gallon-per-person-per day equation won’t leave much for coffee.

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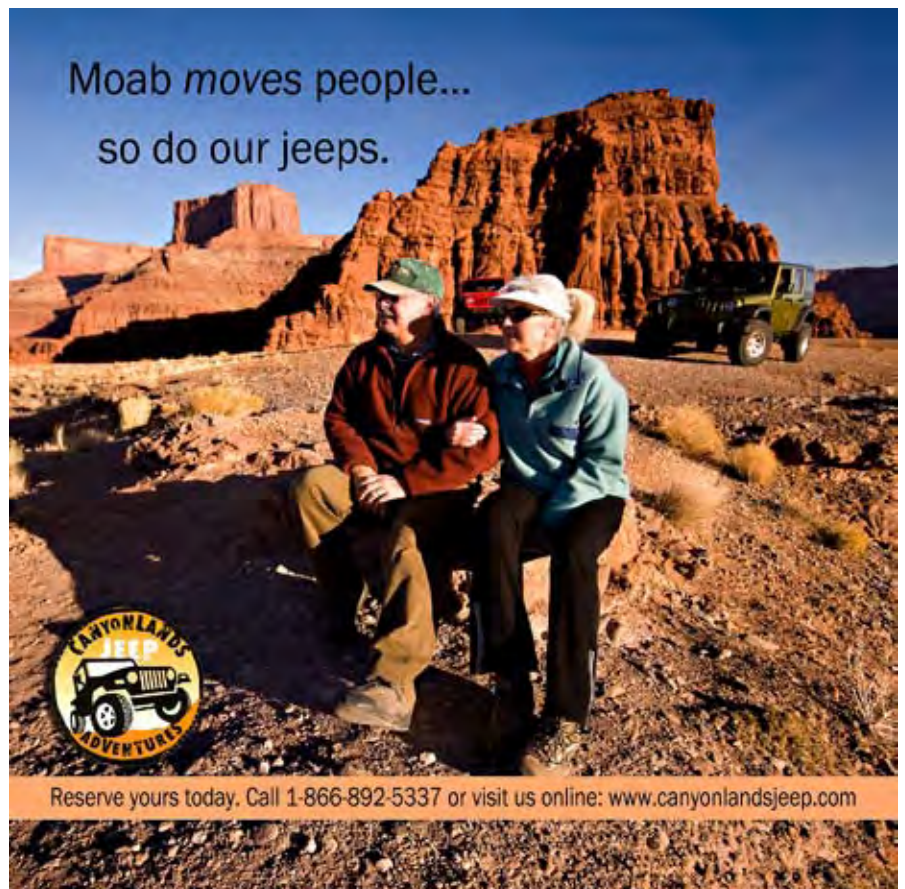
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Canyonlands National Park

Courtesy of: Holiday Expeditions, Seth Hughes

Utah is home to five spectacular and diverse national parks. The largest, at a massive 337,570 acres, is Canyonlands. Arguably, it is also the most rugged, mysterious and primitive.

Canyonlands National Park preserves an immense wilderness of rock at the heart of the Colorado Plateau. Water and gravity have been the prime architects of this land, cutting flat layers of sedimentary rock into hundreds of colorful canyons, mesas, buttes, fins, arches and spires. At center stage are two great canyons carved by the Green and Colorado rivers that have their confluence in the heart of the park, Cataract Canyon. Surrounding the rivers are three vast regions: Island in the Sky, the Maze and the Needles. Although unique to themselves, the three share a common primitive spirit and wild desert atmosphere. Each also offers its own special rewards. Throughout its 527 square miles roam desert bighorn sheep, coyotes and many other species native to this land. Few were familiar with these remote lands and rivers when the park was established in 1964. Prehistoric Native Americans, cowboys, river



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explorers and uranium prospectors dared to enter this rugged corner of southeastern Utah, but few others did. To a large degree, Canyonlands remains untrammelled today. Its roads are mostly unpaved, its trails primitive, its rivers free-flowing. Canyonlands is wild America.

But it is also one of the country's premier recreation playgrounds.

Today, those seeking a true backcountry adventure can enjoy Canyonlands with experienced guide services provided by the Utah Guides & Outfitters Association, aka UGO and several independent operators. Name your pleasure, mountain biking, river running, yoga, backpacking, jet boating, hiking, rock climbing, hot air ballooning or 4WD trips and a company is available to lead you safely into and out of this fascinating wilderness. Here are some trip summaries from the experts.

Cataract Canyon

Breathtaking views of sculpted sandstone deep within Canyonlands National Park only scratches the surface of Cataract

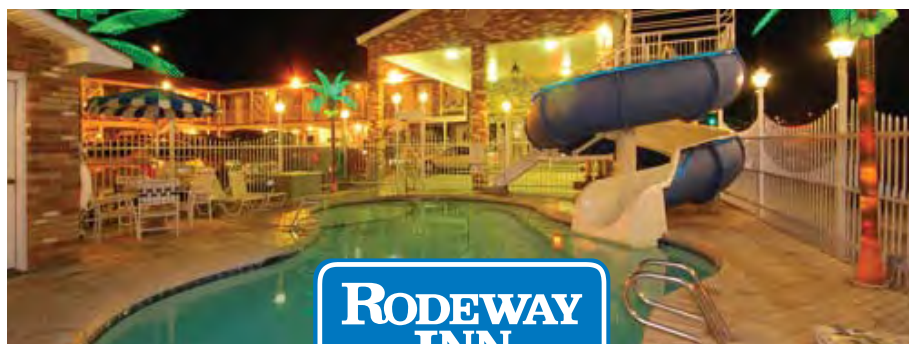
Canyon. Carved below the confluence of the Colorado and Green rivers, hikes to ancient Puebloan cliff dwellings to view primitive pictographs and granaries, cascading waterfalls in side canyons and the surreal Dollhouse high above the river are but a few of the adventures that await. Cataract Canyon boasts some of the premier whitewater runs in the west, 26 rapids in all! Experience the famed Big Drops, Little Niagara and Satan's Gut on this Class IV – V rapids during the late spring run off. The trip concludes in the upper canyons of the Glen Canyon National Recreation Area with the departure destination of Hite Marina.

Wilderness River Adventures trips accommodate children as young as 10. The company offers 2-4 day motorized trips and 5 day oar trips through Cataract Canyon. The outfitter can customize your group adventure to meet your itinerary needs.

riveradventures.com

Holiday River Expeditions combines two of their most popular trips into one of the finest multi-sport adventures in the west. The White Rim Trail-Cataract Canyon 7-day Combination trip. The first three days, the trek begins on your mountain bike. You'll pedal 65 miles of trail through Canyonlands National Park, winding through seemingly endless mesas before dropping into Cataract Canyon and gliding down onto its white sandstone benches. Here you'll meet your rafts for the start of four days bucking the rapids of the Colorado River.

The famed White Rim is the quintessential mountain bike trail and is one of the best ways to truly experience the grandeur of Canyonlands National Park. The route winds 90 miles through the desert vastness, far away from the crowded "front country." Holiday's guides take you past Musselman Arch, Monument Basin, Turks Head, Candlestick Tower and White Crack, along with countless other geologic wonders created by nature through the millennia. Then, stow your bikes, grab your river bags and head off for the Colorado River through Cataract Canyon. Ride the rugged Colorado for four days as it cuts through the heart of southern Utah's Canyonlands and you'll discover Pueblo ruins that those confined to cars and tour buses simply miss. This stretch of water is the most



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precipitous on the Colorado River and qualifies as an intermediate whitewater experience during low water flows with Class I, II, III and IV rapids, while high water generates Class V rapids suitable for experts.
bikeraft.com

Western River Expeditions goes low and high to deliver the ideal guided experience in Canyonlands National Park with a river and return flight on each of their two Cataract Canyon options: 4-Day Cataract Classic and 2-Day Cataract Express. The river picks up speed where the Colorado River and Green River meet in a majestic setting called "The Confluence." Bolstered by the Green, the mighty Colorado doubles its force carving a deep 100-mile-long chasm through the heart of Canyonlands. Here you'll experience the total thrill of class III-V Colorado River whitewater. Cataract Canyon is the perfect balance of adventure, discovery and relaxation in an unbeatable setting. "Cat" is rated as one of the best rafting trips in America with nearly 30 world-class Colorado River whitewater rapids. Discover absolute relaxation on calm stretches of river that wind through soul-stirring canyons and dazzling geologic formations. Go back in time as you explore ancient Native American ruins and fascinating pictographs. Finish your adventure with a stunning flight over Canyonlands National Park as you return to Moab.

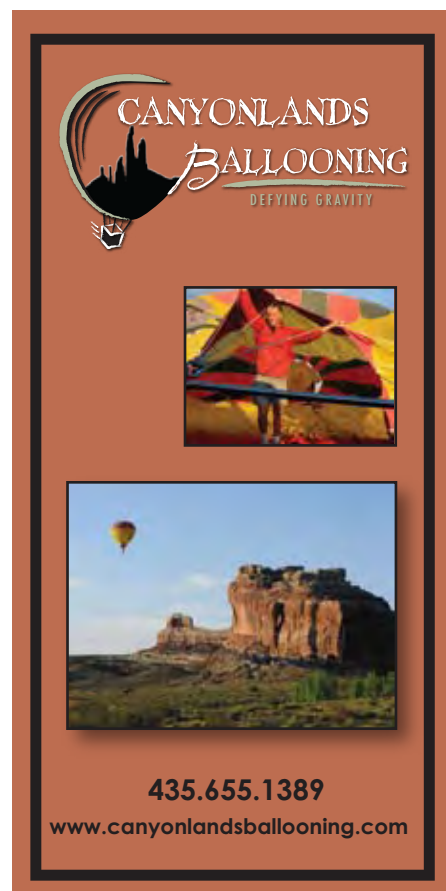
westernriver.com

Hot air balloon flights have grown in popularity throughout the world and the reasons are numerous. The sensation of complete freedom, tranquility, adventure and romance are but a few. While these feelings are part of every balloon flight, the truly unforgettable ones combine the magic of ballooning with a spectacular landscape. The canyonlands of southern Utah provides this ingredient without question. **Canyonlands Ballooning** will take you drifting thousands of feet above arches, stone towers and slickrock or floating only inches above unexplored buttes. It will become obvious why the canyonlands are so coveted by adventurers and the movie industry alike. Similar to the great rivers that formed this geologic wonderland, wind flows around and through the landscape. Wind speed may increase in the narrow canyons only to fade away in the

open plains. Sandstone rocks and towers allow currents and eddies to form and these subtleties can adjust the final destination of a flight. The air currents may move in perpendicular directions or reverse course altogether. Ultimately, Mother Nature is the acting air traffic controller and the pilot controls direction by changing altitude. Although each day provides a unique adventure, one thing can be predicted on a regular basis - your perspective of ballooning and this incredible landscape will be forever changed. Only by taking to the skies can you appreciate the beautiful intricacies of the two national parks in this area. Your mind and camera will be filled with images that will last a lifetime!

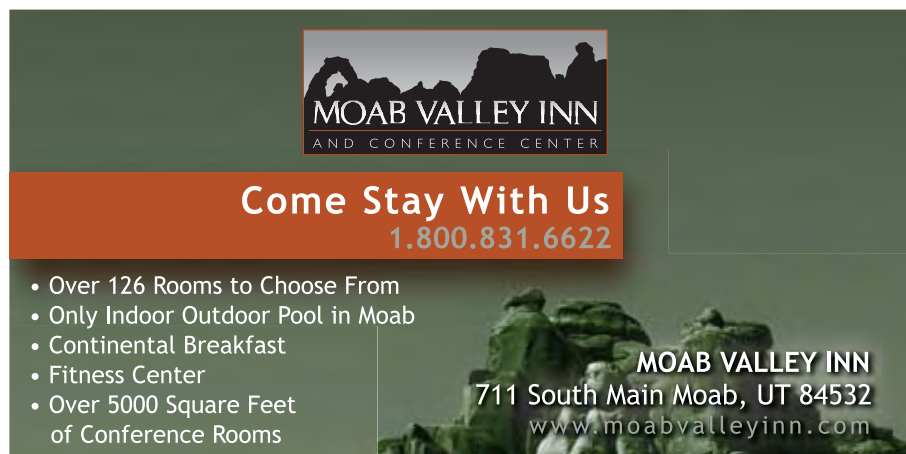
canyonlandsballooning.com

The morning sun stretches warm fingers into the sky and the Needles of Canyonlands National Park rise to meet them. We stuff our sleeping bags into themselves to make a zafu to sit on. We breathe deeply and follow the meditation that opens our hearts to the desert and all the individual reasons one may backpack into the Needles for yoga, meditation and silence with **Moab Yoga on the Rocks**.



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A ride in the park—White Rim Trail

The silence of the desert makes one want to shake one's head just to hear something rattle. The wind stirs the junipers, but other than that the land sits vast and quiet. As I sit atop a rock, I wonder "how do you tell someone in the city about real silence?"—Avoid where your ears actually ring because they can't pick up another sound and your primary sense becomes visual with the texture and color of geologic journaling. Orange, caramel, cream and chocolate cliff bands, pillars, hoodoos, mushroom rocks, caves and arches—these are the forms that fill the space. And the silence, when broken, is the swoosh of a raven wing, so loud it's a big dog panting somewhere near, the wind hustling the leaves and nothing else.


Moab Yoga on the Rocks allows only five backpackers per trip. They keep the group intimate and strive for incorporating yoga into the lives of the participants rather than an all-consuming approach. Come to seek silence, solitude, self, and solidarity. Guiding trips since the spring of 2008, the company specializes in yoga, meditation, and individualized instruction. It slows us down. It brings body, spirit and mind in sync with one another. So good to breathe, balance, and be here in the Needles District of Canyonlands. moabyogaontherocks.com

Simply stated, the Maze is like nothing else. Legends of the old west tell stories of

outlaws escaping into its wildly remote and inaccessible canyons. The Maze District of Canyonlands National Park remains one of the most remote places that you can access with a durable, high clearance vehicle or mountain bike and thanks to intrepid uranium prospectors for the 4WD road system that the park maintains. Committing to a journey into the Maze demonstrates a certain tenacity and seriousness about the place and your intention to get there. You will want to be prepared with backcountry travel skills, proper gear, plenty of water and an excellent map.

It's no wonder that many modern explorers prefer to hire a local and knowledgeable outfitter to lead them into this land beyond Robber's Roost. [Rim Tours](http://RimTours.com) has been leading 5 and 6 day mountain bike tours into the Maze since 1987. Included is at least a full day of hiking into the canyons to discover and view their treasures, including artistic remnants from inhabitants of ancient times. Tours are designed to immerse you in the many facets that put the Maze on many "Top 10" lists. Highlights include camping at the Maze Overlook and biking the challenging terrain that connects the landscape on which you stand to the towering rock skyline in the distance. You will delight in learning the fascinating history of this place which has threaded its magic through up to 10,000 years of human experiences here. rimtours.com

For more information—Utah-Adventures.com



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Butch's Birth Place

Traveling south on I-15, just a few miles past the junction of I-70 is the lovely, laid-back town of Beaver. If you're on that route, you are now officially in southern Utah.

Settled in 1856, Beaver has several claims to fame. One is Beaver's water, a mixture of spring and well, holds the top honor for taste, clarity and smell as determined by National Rural Water Nationwide Taste Test held in Washington, D.C. A billboard off the Interstate states, "Beaver, the best tasting water in the country!" Undisputed, to our knowledge.

Another distinction is that Beaver is the birthplace for two distinguished (or, perhaps notorious) individuals, Philo Farnsworth in August of 1906 and Robert Leroy Parker, April 13, 1866.

Who, you say? Well, Farnsworth, when just a young man in his early twenties, invented television. He is quoted as stating about his invention, "There's nothing on it worthwhile and we're not going to watch it in this household and I don't want it in your intellectual diet!" Hmmm.

But who's this Parker fella, you ask? None other than the infamous western outlaw bandit Butch Cassidy, the "Robin Hood of the West!"


Each July Beaver celebrates the folk hero's (that's Cassidy, not Farnsworth) birthday with a raucous weekend festival. July 2-3 this year the town will host its 10th annual Butch Cassidy Days at the Beaver city park. The free festival has all kinds of fun happenings for the entire family – a senior social, the Pioneer Car Show and, for those so inclined, a Buck Wild Mechanical Bull. Yee Ha!

There's locally made crafts on display, a mountain man camp and an event we doubt even Cassidy would ever partake in – a pie eating contest.

Live entertainment is provided by two popular Utah bands, the country/rock Holcomb Brothers and the wild and wooly Muddy Boots, a contemporary country/classic rock band founded upon the principle that it is possible for everyone, regardless of age or musical preference, whether they are drinking or sober, to have a good time.

Come to Beaver in July to honor Butch in a big way! BeaverCountyTravel.com

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Traveler's Resource

by Chelsea Shapard

As the spring snow melts, the temperatures invite adventurers of all types to enjoy the thrilling activities available in Utah's warmer months. Hiking, biking, rafting, sightseeing, fishing, climbing, golf and more are now accessible from Logan to St. George. With all of these possible outdoor adventures, consider using the Utah Office of Tourism's comprehensive resources to help plan your next Utah experience!



It does not matter what kind of traveler you are, the Utah Office of Tourism's Web site utah.travel has your needs in mind. The "Choose a Theme" option, for instance, allows everyone from the high-spirited adventurer to those who wish to escape to the mountains for some days of rest and relaxation to find information on exactly what they were looking for. Explore the "Regions of Utah" section as well, where you can peruse images of Southern Utah, imagining yourself hiking in Arches National Park or gazing into Bryce Canyon's impossible hoodoo-filled bowls. Another exciting feature of the travel site is the **Online Vacation Planner**, a function which allows the users to plan itineraries with merely a couple clicks of the mouse.

For decades, the **Utah Travel Guide** has been the "where to go" and "what to do" guide for the state. Now the publication is available online on the www.utah.travel site for on demand viewing. Read up on our five national parks and be inspired by the stunning images showing you what lies ahead. Learn about Utah's



various national monuments and recreation areas – and make sure to check out the Events section, detailing the annual celebrations taking place in Utah communities.

Maybe your adventure of choice is that indelible slice of Americana: the road trip. Well, Utah has more than 2,220 miles of scenic byways, including eight National Scenic Byways and 18 State Scenic Byways – one these roads, the unbelievable Scenic Byway 12, carries the nation's highest honor as Utah's first and only All-American Road. The Utah Office of Tourism recently published the new **Scenic Byways in Utah** guide online at www.utah.travel, which not only fea-

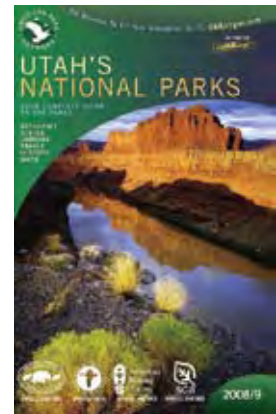


tures the state's beautiful drives, but also details the history, recreation, nature, archeology and culture that surround these areas.

The Utah Office of Tourism is one of the rare travel offices where real-life people pick up the phone and assist those who are in need of travel information. Call 1-800-200-1160 and one of our information specialists can assist you. Also be sure to order a copy of the brand new **Utah State Parks Field Guide**, which details

the amenities available in each of our state's stunning state parks. The office also provides guides tailored to more specific requests like the American Park Network guides: **Utah's National Parks** and **The State Parks of Utah**.

If you are in the neighborhood looking around and are just not sure what to do, first come by one of our many **Welcome Centers**, where friendly travel advisors will provide you with all the infor-



mation you will need. The **ZNHA Bookstore at Council Hall** has maps, books, and guides to all of Utah's many travel regions.

Home to five national parks, 43 state parks, seven national monuments, two national recreation areas and "The Greatest Snow on Earth®," Utah represents the best of both the Rocky Mountains and the Desert Southwest. Whether it's heart-thumping downhill skiing, picturesque fly fishing, life-defying rock climbing, serene bird watching, thrill-seeking white water rafting or just communing with nature, Utah has it all – holding true to the state's "Life Elevated" brand.



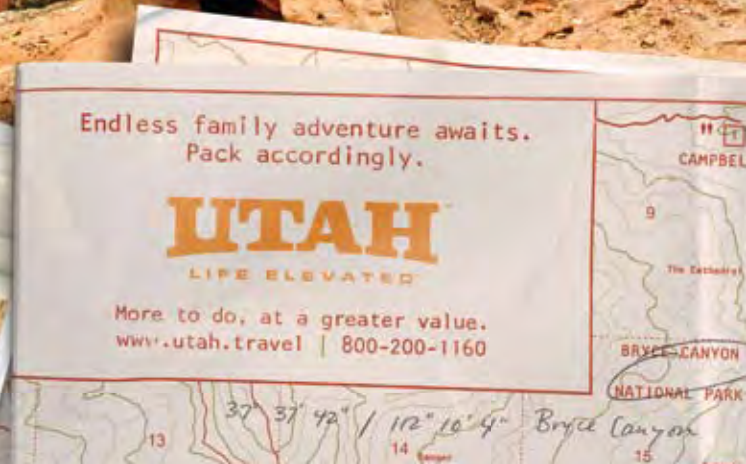
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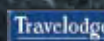
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